THE PREVENT & HEAL ISSUE

THE LATEST

Clean Eating OCTOBER 2015

56 Nutrient-Dense Family Recipes

GRAIN SALAD VITH ORANGE

EAT MORE

6 RECIPES THAT TURN UP THE VEG

HEALING FOODS THAT:

Increase Energy

Help You Lose Weight

Boost Happiness

Add Years to Your Life

Age Gracefully With a Sharp Mind

20 Life-Extending Mediterranean Foods

+ THE WORLD'S STRONGEST **ANTIOXIDANT**





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WHAT'S FRESH AT cleaneating.com

Clean Eating Fans Have Spoken

Do you go meatless once or twice a week? Why or why not?

I try to do it more and more! Having a veggie taco now! Yum!

- Yolanda Garcia Davern

Only eat meat one to two times per week. Some weeks none at all.

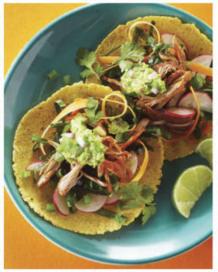
– Kylie Bolan

Yes! I do it for environmental/ sustainability purposes.

– Erin Lalonde

Always have. Mom thought a big Sunday pot roast was best followed by a veggie meal. Nothing tastes good if eaten constantly.

- @jayohnie



Southern Carnitas with Collard Slaw & Pea Guacamole



French Onion Soup with **Bacon & Cheesy Baguette**



Kale Salad with **Blueberry Ginger Dressing**

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The Intention BEHIND CLEAN



An ounce of prevention is worth a pound of cure. Sure, maybe Benjamin Franklin wasn't talking about health at all when he first uttered that now-famous proverb (apparently he was talking about fire safety), but those words are precisely why you eat clean: to protect your health and do your very best to thwart potential health problems and illness down the road. The vast majority of our readers tell us that overall health and disease prevention is the number one reason they eat clean and read this magazine.

This is particularly interesting to me, especially lately, because there's a trending discussion swirling around the "health and dieting" culture, casting a wide net on cleansers, dieters, organic devotees, juicers and even clean eaters, labeling them "orthorexics." By definition, orthorexia is an extreme preoccupation with eating food that one considers healthy and pure. Similar to other eating disorders, orthorexics take healthy eating to a level of unhealthy obsession and lose sight of the reason they were eating this way in the first place, inflicting a great deal of shame and self-loathing upon themselves when they eat something "off-plan." It's unfortunate because what was first intended to be a positive, healthy lifestyle change can sometimes morph to unhealthy extremes.

With our inaugural Prevent & Heal issue, I want to get back to what our definition of clean eating was created to do. It's about balance and nourishment. It's about food as a social connector, bringing friends and family together to enjoy and share. It's about fueling your body with foods that are as close to nature as possible. Supporting our communities

and honoring the plants and well-raised animals that give their lives to nourish us. It's about eating delicious, soul-satisfying foods and never depriving yourself. Yes, it also means enjoying that glass of wine and piece of cake every now and then. Above all, it's about meeting the demands of this crazy life with meals that provide all-day energy and that counteract the strains you put on your body and your health by healing and protecting you with every nutrient-dense bite. We created this issue knowing that the Centers for Disease Control and Prevention says that every year, up to 40% of deaths from the five leading causes of disease in the US are preventable. When you consider that nearly half of your fate - when it comes to disease – can be influenced by your environment, lifestyle and the foods you consume, it makes you think a little longer about your next meal. And not in an obsessive kind of way – that is never the intention here. More so in a "I'd like to live long enough to dance with my son at his wedding" or "It would be great to watch my grandchildren have kids of their own" way. And that is a very healthy thing to strive for so long as you cut yourself some slack here and there. We want to give you the tools to eat clean and help you understand how foods can enrich your health and your life. It's about improving your relationship with food. Not the other way around.

Write to us! We're listening. CEeditorial@aimmedia.com

- Tweet us @cleaneatingmag,
 @aliciarewega
- Facebook.com/cleaneatingmag

THIS ISSUE'S MUST-READS

Be sure to check out these key stories from our special Prevent & Heal section.



Why Eating Mediterranean Makes Sense, p. 46



Eat More Plants, p. 54



Get Proactive About Cancer, p. 62

NEW ADDITIONS!

I'm thrilled to introduce 3 fresh columns starting in this issue. Be sure to stop by:

Page 44: Leading naturopathic doctor Michael Murray shares his top 5 daily supplements for your best health.

Page 36: CE's Resident Culinary Adviser Candice Kumai dishes on fall's biggest superfoods and shares her recipe for a seaweed quinoa salad in "Clean Green Eats."

Page 40: Toronto-based chef Mike Ward dazzles us with his 20-minute surf'n' turf chicken quinoa paella in his new column, "The 20-Minute Chef."

Alicia Rewega

Editor-in-Chief

Curried Coconut Cauliflower Soup Recipe + Udo's Oil

Serves 6-8

- 1 head of cauliflower, chopped
- 1 large yellow onion, peeled and chopped
- 3-4 cloves garlic, halved
- 5 cups organic vegetable stock
- 1 can (14 oz.) coconut milk
- 2 tbsp. Thai curry paste
- 1 tsp. cumin powder
- ½ tsp. coriander powder
- $\frac{1}{2}$ tsp. turmeric powder
- 1 tbsp. fresh chives 6-8 tbsp. Udo's Oil
- Sea salt and freshly ground pepper, to

- 1. Rreheat oven to 375° F. Spread cauliflower, onion, and garlic in a single layer on a baking sheet and bake until golden brown, about 25 to 30 minutes.
- While the vegetables are baking, bring the vegetable stock, curry paste, cumin, coriander, and turmeric to a boil in a large pot over medium-high heat.
- 3. Remove the vegetables from the oven and add them to the stock pot. Reduce the heat to low, add some salt and pepper, and let simmer for about 15 minutes.
- 4. Carefully blend the soup in batches in the blender until desired consistency. Stir in the coconut milk, adding additional salt, pepper, or more spices if needed. Ladle into serving bowls and drizzle each bowl with Udo's Oil (about 1 tbsp. per bowl). Add chives for garnish.

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MEET OUR EXPERTS

Q: How can I cut onions without getting teary-eyed?

- TALIA ROSS, SPOKANE, WA

A: When you cut into an onion, its enzymes react with amino acids to create sulfur compounds that can reach your tear ducts and cause tears. This can be an uncomfortable feeling, but it can be minimized in a couple of ways. First, use a sharp knife to slice and chop as it will reduce the pressure you need to slice. If it's sharp enough, it slices through the onion's cells more easily. On the contrary, if it isn't sharp, you'll need to place more downward pressure. This bursts the cells and spreads the compounds further into the air, causing discomfort and tears. Another way to minimize tearing is to refrigerate onions for 30 minutes before cutting them. This reduces the enzymes' reaction rate so that they will travel less when the cells break.

- CLEAN EATING ACADEMY INSTRUCTOR, JAMES SMITH

Our Culinary & Nutrition Advisers



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2015). Kumai has appeared as
a judge on Iron Chef America
and is a regular contributor on
The Dr. Oz Show and El News.



BA, CC
As both a recipe developer and food stylist, Wren has worked with print and advertising clients. She completed her culinary training at Dubrulle French Culinary School and The Culinary Institute of America.

marianne wren



hough Recipe developer, culinary instructor and author of the 100 Perfect Pairings series and co-author of The Clean Plates Cookbook (Running Press, 2012).

jill silverman

What is Clean Eating?

The soul of clean eating is **consuming food the way nature delivered it**, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation, leading to an improved life – one meal at a time.

Eat five to six times a day – three meals and two to three small snacks. Include a lean protein, plenty of fresh fruit and vegetables, and a complex carbohydrate with each meal. This keeps your body energized and burning calories efficiently all day long.

Choose organic whenever possible. If your budget limits you, make meat, eggs, dairy and the Dirty Dozen (ewg.org/foodnews) your organic priorities.

Drink at least two liters of water a day, preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidantrich red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

Know thy enemies. Steer clear of anything containing trans fats, anything fried or anything high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

Consume healthy fats (essential fatty acids, or EFAs) every day.

Learn about portion sizes and work toward eating within them.

Reduce your carbon footprint. Eat produce that is seasonal and local. It is less taxing on your wallet and our environment.

Shop with a conscience. Consume humanely raised, local meats and ocean-friendly seafood. Visit seachoice.org for a printable pamphlet.

Practice mindful eating. Never rush through a meal. Food tastes best when savored. Enjoy every bite.

Take it to go. Pack a cooler for work or outings so you always have clean eats on the go.

Make it a family affair. Food is a social glue that should be shared with loved ones. Improve the quality of your family's life along with your own.

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ERIN MCKENNA **ERIN MCKENNA'S BAKERY**

NEW YORK CITY, NY

In 2005, Erin McKenna created the world's first vegan, gluten-free bakery, Erin McKenna's Bakery (formerly known as BabyCakes NYC), with the goal of making "eating vegan and gluten-free fun and delicious." For McKenna, featured in "Cooking With" (p. 32), "clean eating is eating from the earth with as few ingredients as possible," she says. "I eat clean most of the time!"



MARILYN DUNPHY FOOD STYLIST TORONTO. ON

Marilyn Dunphy says one of her favorite parts of her job is "the team effort and collaboration that comes with working with a group of talented people." In addition to food-styling "Eat More Plants" on page 54, her work has appeared on the web and on TV. As an avid gardener and collector of vintage kitchen gadgets, Dunphy says one of her passions is cooking and eating with friends and family.



MICHAEL MURRAY NATUROPATHIC PHYSICIAN/AUTHOR PARADISE VALLEY. AZ

Michael Murray, ND, put pen to paper for "5 Supplements to Start Taking Now" on page 44. "Food is the primary way in which we commune with the tremendous healing power of nature on a daily basis," he says. Murray has also written articles for numerous publications and has appeared as a guest on hundreds of radio and television programs.

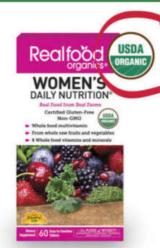


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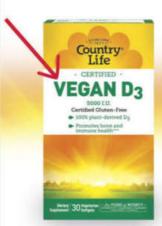
BOULDER. CO

After working in journalism, Karolyn Gazella started her own publishing company and has since written several books. The co-founder of the Five to Thrive cancer-prevention plan authored "Get Proactive About Cancer" on page 62."I hope my article inspires readers to take small steps that can create a big impact when it comes to cancer-risk reduction," she says.













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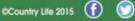


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GENDER MATTERS

I am a 71-year-old man and was reading the "Ask Me Anything" column in a past issue in which Jonny Bowden cited a study saying, "Overweight women given 2 tablespoons of coconut oil daily over the course of 12 weeks lost inches from their waist and also improved their HDL (good) cholesterol profile." I love your mag and buy it all the time, but wish you would include study results for men as well as women. I realize that some things work on one gender and not so well on the other, so I feel this should be made clear in the article. If the article applies to both sexes, then that should be made clear so that all your readers will have the same chance at better health.

- David Churray, Taylors, SC

Editor's Note: Thanks for your letter, David! The study you referred to was conducted on women only, so in this case the data was not available for men. In the future, we will try to include results for both genders whenever possible. However, we tracked down similar studies conducted on both sexes, including a 2011 pilot study conducted by Universiti Sains Malaysia and a 2008 study published in the Journal of the American College of Nutrition that found that medium-chain triglycerides (the healthy fatty acids in coconut oil that make up the majority of its fat content) helped to significantly reduce waist circumference in men as well. Try incorporating about 2 tablespoons of coconut oil daily (the amount consumed by men in those studies) to see beneficial results.

FEELING INSPIRED

Thank you for many years of wonderful recipes and cooking tips that have helped me impress my boyfriend turned fiancé turned hubby (he loves it when I cook clean for him!) and to help me have more energy to reach my dreams. You helped me grow my passion for a healthy lifestyle into something I had to share with others. After finding Clean Eating in 2007, I decided to become a certified personal trainer. In 2013, I started my own business, Fit Armadillo. My stack of CE magazines has traveled with me from college in Virginia back to my childhood home in Connecticut to Rhode Island to Massachusetts all the way down to Texas. I'm one of your biggest fans! Thank you from the bottom of my heart.

– Catherine Basu, Houston, TX



COOKING UP A STORM

Trying out a new recipe from my #cleaneatingmagazine for the girls at work;)

- @Lili_Cabrelee, via Instagram



CELEBRATORY MEAL

Last night we sat at the table together and enjoyed some new recipes from the March, June and September 2015 issues of Clean Eating as we celebrated my boys' summer birthdays. It was lovely. Menu: Maple-Roasted Chicken with Acorn Squash, Kamut Salad with Brussels sprouts, butternut squash and roasted grapes, Laguna Salad with arugula, beets, strawberries, walnuts, goat cheese and asparagus.



- @cameragurl, via Instagram

@ALISONAAA

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A CLEAN TWIST: QUINOA-CRUSTED PIZZA WITH RED BELL PEPPER SAUCE, MUSHROOMS AND OLIVES, GARNISHED WITH CILANTRO AND ITALIAN PARSLEY (P. 44, MAY 2015). STRAIGHT OUT OF THE CAST IRON!



KID-APPROVED

I just made your Chile Chicken & White Bean Enchiladas with Red Sauce (p. 64, September 2015) minus the garlic - my children loved them. This is crazy because they don't like beans. Thanks for the clean recipe.

- Diane Gabrielle, via Facebook

SLOW-COOKED SHRIMP

I prepped the Farro, Shrimp & Tomato Risotto dish (cleaneating.com) in the slow cooker tonight with fennel from my CSA share. This time, instead of using leeks, I used summer onions from my share and added some fresh tomatoes. I topped it with toasted pine nuts and fresh basil. So easy and delish and perfect for your summer produce and busy nights.

- L.E.A.N. by Drea Lifestyle Education and Nutrition, via Facebook

NEW BEGINNINGS

I started my clean-eating journey in January and am now officially addicted! I love eating good food and I have lost 25 pounds so far! I look forward to being inspired for recipe ideas on the CE Facebook page.

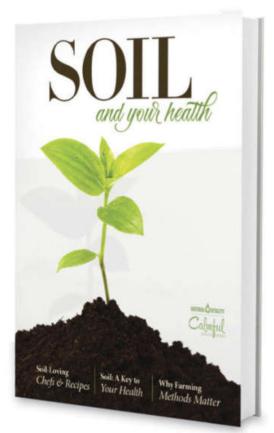
- Nikki Hunt, via Facebook

Calmtuness-

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Legend

Quick

(under 45 minutes)

- Freezable
- Vegetarian

(may contain eggs and dairy)

Gluten-Free

♦ Make it gluten-free

Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.

GRAINS & VEGETABLES



Kale Artichoke Dip P. 34



Eggplant & Roasted Red Pepper Flatbread with OLIVES & ALMONDS

P. 49



Farro & Chickpea
Cakes WITH AVOCADO
"AIOLI" & CHERRY TOMATOES
P. 51



Kung Pao Chickpea Stir-Fry Over Sesame-Fried Millet P. 57



Veggie BLT with COCONUT BACON, CARAMELIZED LEEKS & ROASTED TOMATO



Beer-Battered
Cauliflower Bites
WITH JALAPEÑO
CHEDDAR-STYLE
DIPPING SAUCE



Caramelized Fennel, Sweet Potato & Pine Nut-Cheese Pizza P. 60



Spiced Edamame
Falafel Wraps with
PAPAYA CHUTNEY
P. 61



Mega Glow Grain Salad with orange BALSAMIC VINAIGRETTE



Green Mojito Juice P. 77



NUTRITIONAL VALUES The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.

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FISH & SEAFOOD



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Baked Mussels in Tomato Olive Sauce WITH ZUCCHINI & POTATOES



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POULTRY



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Superfood Chocolate Bar P. 88



LZUNU

Give new life to your clean-eating dishes with this healthful, disease-protective green.

BY KAREN MORSE

Though believed to be native to China, mizuna is deemed a Japanese green and has been cultivated there since ancient times. Chewing the crisp, tender green leaves of this cool-season cruciferous vegetable causes the breakdown of sulfur-containing compounds into isothiocyanates, substances shown in a number of studies to reduce the risk of breast. lung and colorectal cancers.

STORE IT: Refrigerate unwashed mizuna in a plastic bag in the vegetable crisper for up to 5 days.

EAT IT: These peppery leaves can be eaten raw in salads, tossed into pasta or puréed into a pesto. Mizuna is also popular in stir-fries, though the stems and leaves should be prepared separately due to the variability in cooking times.

PREP IT: Fill a large bowl or kitchen sink with cool water. Add the greens to the water and use your hands to gently shake away any dirt. Remove and pat the leaves dry between kitchen towels.

IN SEASON: Peak season is fall, but mizuna can be found year-round in some areas at specialty food stores

and Asian markets.

chlorophyll-rich greens are bursting with nutrients such as folate, betacarotene and vitamin C. Folate is essential for the production of red blood cells while the antioxidants vitamin C and beta-carotene protect against disease by scavenging free radicals.

HEALTH BENEFITS: These dark,

MARKET NAMES:

Japanese mustard

greens, California peppergrass,

potherb mustard

RED SEAWEED CARLOS RONDON/SHUTTERS TOCK

HOT OFF THE PRESS

THE LATEST APPS, READS AND EATS FROM THE CULINARY WORLD.

BY LAURA SCHOBER



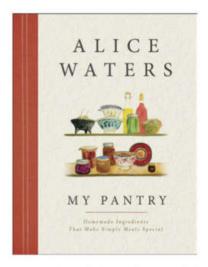
BACON-FLAVORED SEAWEED?

It's crazy but true. A team of Oregon State University researchers recently patented a new strain of dulse – a red seaweed that can be farmed and eaten fresh. Red seaweed is traditionally cultivated in the cool waters of the Atlantic, particularly off the shores of Canada, Ireland and Norway. But the real kicker? The lettuce-like weed tastes like bacon and is rich in minerals, antioxidants, protein and vitamins. Expect to see red dulse pop up on restaurant menus and even on store shelves as companies start formulating dulse-based foods for the public.

MY PANTRY

In Alice Waters' My Pantry, the executive chef of Chez Panisse Restaurant and Café and vice president of Slow Food International gives you an inside look into her favorite homemade recipes for pantry staples and preserves that form the foundation of endless home-cooked meals. From almond milk and quick garlicky dill pickles to oat pancakes and whole-wheat flatbread, each recipe features a wealth of wholesome ingredients and easy-to-follow instructions and illustrations. In this collection of recipes and essays, Waters demonstrates that taking the time to slow down and savor the process of making food truly leads to a healthier, more satisfying way of eating year-round.







RATE YOUR SERVER

With GrateApp, now you can rate the level of service at restaurants across the globe, from the US to Japan to New Zealand. In an effort to recognize quality restaurant servers,

the app allows consumers to post a review on the service they experience with the aim of having restaurant managers read the reviews and improve on any service that may be poor or lacking. "Giving a 30% tip for spectacular customer service is a wonderful thing, but that's also where it ends. If the service happens to be bad, in most cases the manager will never find out and they keep making the same mistakes over and over again," says Heigo Paartalu, the CEO and creator of the app. "Grate allows customers to go one step further."

WASTE-FREE GROCERY DELIVERY

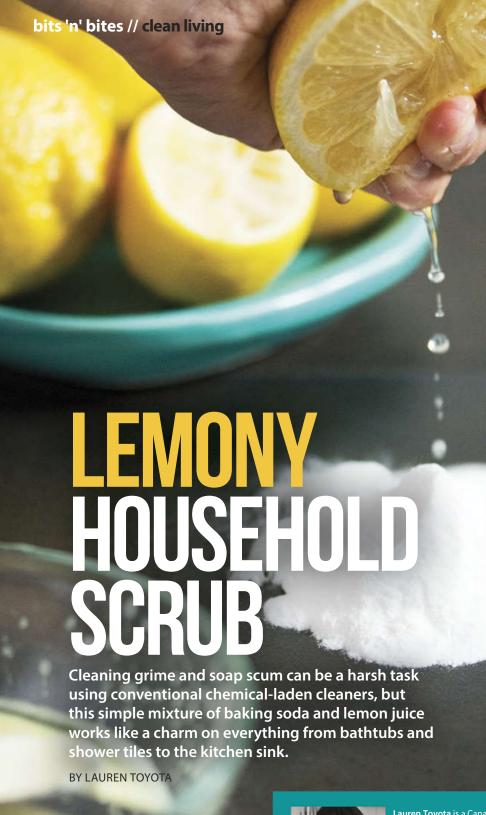
Handpick, the app that helps you use up leftover ingredients in your kitchen to create new dishes, has launched a unique meal-delivery service called Smart Groceries. Geared toward families who are strapped for time, it offers the choice of five budget-friendly meal bundles starting at \$40. The options include gluten-free, Asian, meat lovers, seafood and vegetarian, and the ingredients are locally sourced and delivered right to your door.

and the ingredients are locally sourced and delivered right to your door. Each bundle arrives with three recipes designed so that all perishable ingredients are used up completely, leaving no food to waste. "We are trying to make clean, nutritious eating affordable and we're trying to educate people to cut down on waste," says Handpick's product manager, Mariana Abdala. "It's an easy way to eat well and to not throw things away at the end of the week."

FOOD & FREEDOM: HOW THE SLOW FOOD MOVEMENT IS CHANGING THE WORLD THROUGH GASTRONOMY

Carlo Petrini's Food & Freedom: How the Slow Food Movement is Changing the World through Gastronomy is primed to be the catalyst for changing the way food is grown, sourced and consumed around the globe. In his follow-up to his book Slow Food Nation (Rizzoli Ex Libris, 2007), Petrini argues that "good, clean and fair" food is an avenue toward freedom in the fight for food justice – if we can all feed ourselves, then we can all be truly free. From stories documenting how a catering company helped bring about a sense of community in a Rio slum to one person's quest to bring back ancient varieties of rice in Indonesia, Food & Freedom's journey is one that will open your eyes to how food affects communities across the world. By Carlo Petrini (Rizzoli Ex Libris, \$25)





Citrus Bath & Kitchen Scrub

INGREDIENTS:

- > ½ cup baking soda
- Juice of 1 lemon

INSTRUCTIONS:

- 1 To a small dish, add baking soda.
- **2** Pour lemon juice over baking soda. It will begin to foam immediately.
- **3** Mix with a spoon to form a thick paste.
- **4** Use immediately on your tub, tiles and sinks by applying a thin layer all over with a sponge, gently scrubbing any tough or extra-dirty spots. Let cleaner sit for 10 minutes, then rinse well with warm water until any gritty residue is gone.





Lauren Toyota is a Canadian television personality, hobby cook and blogger. She and her partner spend their free time in the kitchen creating tasty recipes and advocating a clean lifestyle through their blog, hotforfoodblog.com. Aside from what's on your plate, Toyota believes that what you put on your body is just as important. On their blog, you'll find quick and easy ideas to transform your life with do-it-yourself, all-natural cleaning and beauty product recipes. She hopes their blog will inspire and motivate people to live a clean, healthy and cruelty-free life.







GREEN

SUPER SCRUBBERS

Thanks to their double-sided cellulose surfaces consisting of one rough side and one smooth side, Casabella Scrubby Sponges make quick work of cleaning everything from bathtubs to kitchen countertops.

\$10 per set of six, casabella.com



CLEAN & These household cleaners and accessories are kind to the earth but tough on dirt and grime. BY LAURA SCHOBER

SPARKLING DISHES

Earth Friendly Products Wave Gel Dishwasher Detergent in Organic Lavender is free of harsh chemicals yet comparable to conventional brands in its cleaning prowess as it washes away grease and eliminates marks on glasses and dishes, leaving them spotlessly clean.

\$5.50 per 40 oz, ecos.com

STREAK-FREE

GLASS Comprised of nontoxic ingredients such as natural citrus extracts and vinegar, Home Solv Natural Window and Glass Cleaner gets rid of the grime on glass, windows, appliances and chrome, imparting a shiny, streak-free finish. \$5.50, citrasolv.com



OCTOBER 2015 Clean Eating

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World-Class Olive Oils

Heart-healthy and cancer-preventative EVOO is a clean-eating staple revered for its protective prowess. Here are our top 6 picks.

BY LAURA SCHOBER



3. Heaven in an Eco-Friendly Tin

Hints of grass and a smooth finish envelop this unfiltered California-made organic olive oil by Pasolivo. Housed in an ecofriendly BPA-free tin, this mildly fruity, buttery oil is best savored in salad dressings, sautés or grilling. \$32, pasolivo.com

4. Biodynamic and Full of Body

Bursting with vibrant flavors of olive leaf, lettuce and artichoke along with tomato, banana and apple, Castillo de Carena's Spanish olive oil is highly complex yet well-balanced. As a biodynamic oil, it is produced in harmony with the farm ecosystem surrounding it to ensure a high-quality oil and optimal soil and plant health.

\$39, oliveoillovers.com

5. The Finisher

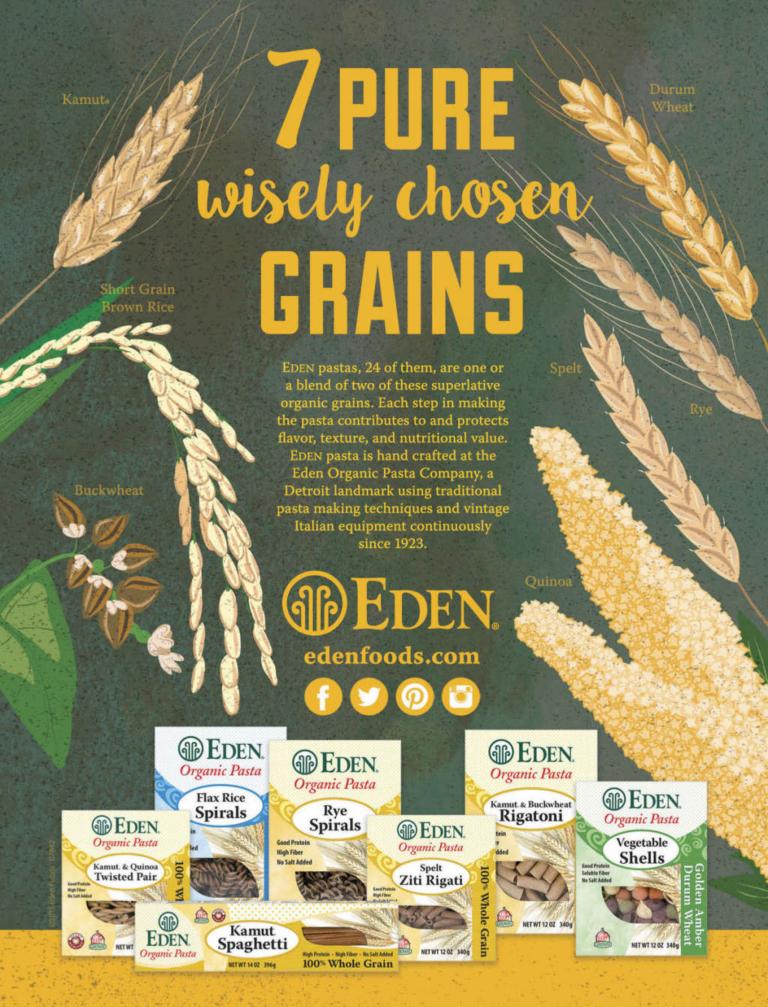
Produced in California using Picual olives, a Spanish variety, this cold-pressed oil is peppery, robust and pungent, making it perfect for drizzling over salads, hummus or soup.

\$15, cobramestate.com/au

6. Limited Batch

This luscious Italian-made olive oil is produced in limited quantities each year and sourced from organic estates in Tuscany and other parts of Central Italy. Its flavor profile of artichoke and almond is nicely rounded out with a fresh, peppery finish.

\$29, lucini.com







All that time you've spent shopping the produce section and the farmers' markets is paying off in more ways than one. A recent study from the University of Copenhagen is boasting another advantage to an abundance of fruits and veggies – a 15% reduction of cardiovascular disease and a 20% drop in early death, all thanks to a healthy dose of vitamin C. The study of 100,000 Danes, published in the *American Journal of Clinical Nutrition*, revealed the heart-helping and life-extending health boons in participants who consumed plenty of produce, compared with those who are relatively fruit and veggie–free. Researchers observed high concentrations of vitamin C in the blood among those who consumed the most produce, suggesting a positive correlation between the vitamin and a reduced risk of heart disease. The reason behind its heart-healthy benefits? Powerful antioxidant vitamin C works to shield the body's molecules and cells from damage that can lead to disease. Want to "squeeze" more vitamin C into your diet? Oranges, of course, are one way, but red, green and yellow peppers along with beloved kale are all excellent sources, too. To cover your daily C needs, strive for at least six to 10 servings of fruits and veggies per day – although here at *CE*, we like to aim even higher.

To stop potatoes from oxidizing while cooking, cover them in cold water before draining and placing in the oven. This stops the release of their starches, preventing spuds from turning an unsightly hue.

PASS THE SAUERKRAUT

How would you like to add more flavor to your meal plan minus the guilt? You're already aware of the benefits of probiotics for gut health, but get this: Studies now show they're beneficial in easing anxiety as well. A recent study performed on over 700 young adults in the journal *Psychiatry Research* revealed that the probiotics in fermented foods can be helpful in easing social anxiety for those who are genetically at higher risk. Study author Matthew Hilimire, PhD, says that although the study didn't compare the effectiveness of different fermented foods, his personal favorites are kefir, yogurt, miso soup, kimchi and sauerkraut. To make your own lacto-fermented root veggies, look for our recipe at **cleaneating.com**.



Food as it should be.

CHIPS MELICA/SHUTTERSTOCK, PASTA INGA NIELSEN/SHUTTERSTOCK, CATROYLEE_PHOTOSUNDAWSHUTTERSTOCK

FAREWELL TRANS FATS

Great news – in the next three years, the number of fatal heart attacks in the United States may be more preventable. Currently, heart disease is the leading cause of death in the US, and this past June, the US Food and Drug Administration (FDA) put a plan in action to greatly reduce trans fats in the food supply. This time frame gives food companies time to reformulate their foods or petition the FDA. Luckily, many companies have already begun the process and could comply well ahead of the 2018 deadline. For anyone eager to reduce the amount of trans fats in their diet, the FDA recommends always reading food labels. In the meanwhile, add hearthealthy fats like salmon, avocados, olive oil and nuts to your shopping list to help keep your ticker in top shape.

Young, Healthy and (Periodically) Hungry?

You can have eternal youth - and it may only take five days a month to achieve it! A new study out of University of Southern California Davis School of Gerontology is reporting that by eating a low-calorie diet similar to fasting called the Fasting-Mimicking Diet (FMD), it may be possible to slow down the aging process, reduce belly fat, slash your risk for disease and boost brain health.

In this study, 19 participants took in 34 to 54% of their normal calories with a specified amount of protein, carbs, healthy fats and micronutrients. By eating this way for five consecutive days in a month, subjects experienced a decrease in risk factors for diabetes, heart disease, cancer and more. The health benefits associated with intermittent fasting have been widely publicized of late, but lead researcher Valter Longo, PhD, says that because fasting is difficult for most folks (not to mention dangerous), he and his team set out to design a diet that mimics the effects of fasting by allowing participants to eat a calorie-restrictive diet instead. Depending on an individual's health and weight, Longo says this technique can be applied every three to six months and more frequently for those who are obese or more susceptible to disease. Next, he and his team will test their findings on a larger pool of 70 people. Enticed to try? Always consult your doctor before making any major dietary changes, and not surprisingly, we don't endorse water-only fasting here at Clean Eating. With your doc's blessing, enjoy a scaled-back version of our monthly meal plans or simply reduce the serving size of any of our wellrounded and nutrient-dense recipes.

chew on this

Soften crystallized honey by placing the container in a bowl of hot water for 5 to 10 minutes. To prevent moisture or temperature from affecting the quality of your honey, store in a cool, dry place, such as the pantry or kitchen cupboard — the optimal storage temperature for liquid honey is between 70 and 80 °F.

four-legged fare // bits 'n' bites

The Cat's Meow

Treat your kitty to a tasty and chewy catnip-laced jerky. Fido can indulge too! While catnip is safe for dogs, you can just as easily skip it.

RECIPE AND IMAGE BY **DOGGYDESSERTCHEF.COM**



MAKES 3 TO 4 DOZEN TREATS.

INGREDIENTS:

- 1/2 lb ground turkey
- 1/4 cup unsweetened pumpkin purée
- ½ tbsp dried catnip
- Pinch ground cinnamon

INSTRUCTIONS:

ONE: In a large bowl, mix all ingredients.

TWO: Preheat oven to 160°F, or the lowest setting. On a baking sheet, using your hands or a rolling pin, shape meat into strips (or any shape you desire), then flatten meat to about \% to \¼ inch thick, spacing strips about ½ inch apart.

THREE: Dry strips in oven, with the door slightly open to let out moisture, for about 3 to 4 hours, until meat is dry in appearance and texture.

FOUR: Cut into kitty-sized pieces and store in an airtight container.

*NOTE: When introducing new foods to your pets, CE recommends first giving them a small amount and keeping an eye out for possible allergic reactions. As always, while you are trying to make a healthier choice for your pet, you may wish to consult with your veterinarian first.

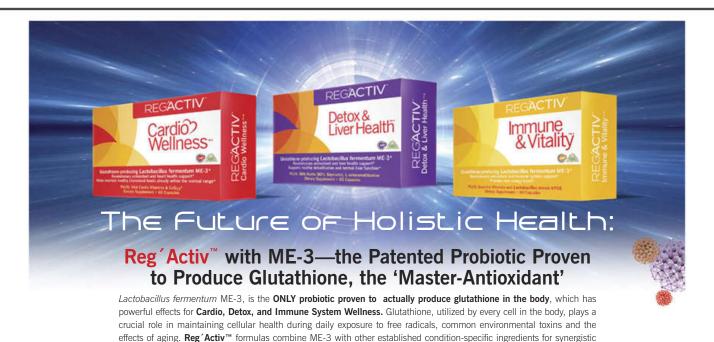
health promoting effects.*



the manufacturer's instructions.

the meat instead of the oven. Always follow

OCTOBER 2015 Clean Eating 2/



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9-T0-55 NACKS

Addictively delicious take-to-work snacks that don't sacrifice taste for health. BY LAURA SCHOBER

Midday Savio

The sweet, fruity blend of dates, cashews, raisins and raspberries makes for a downright delicious snack bar you can keep stashed in your desk for when cravings strike. \$23 per 18 bars, eatnakd.com



Clean Crisps

The mosaic of raw, organic ingredients in these crackers, which includes flaxseeds, sun-dried tomatoes, garlic, basil and kombu results in a savory seaweed cracker with just the right amount of crunch. Try with guac or salsa! \$7, twomomsintheraw.com



✓ Pop 'em Like Candy (We Did!)
These delightfully chewy
Turkish mulberries can be blended into
smoothies, added to oatmeal or eaten out of
hand for a delicious afternoon treat. \$7 per 4-oz
bag or \$13 per 8-oz bag, navitasnaturals.com



◄ (Office) Party Mix

indulgent yet healthy

omega-3s, fiber and protein. \$3 to \$3.50,

thechiaco.com

This preservativefree snack is a taste bud-pleasing mélange of organic nuts and fruits, including raisins, peanuts, dried cranberries, cashews, roasted almonds and dried apples. \$6.50, sunridgefarms.com



Mexican Munchies

Sprouted grains and seeds such as flax, quinoa and radish seed along with non-GMO stone-ground corn offer a medley of flavors and 400 milligrams of omega-3 fatty acids per 5.5-ounce serving. \$4, gowaybetter.com



Make the Boardroom Your Theater This naturally buttery-flavored popcorn bears just three clean ingredients for a fingerlickin' good salty popcorn that's just 90 calories a bag. \$1.50, deepriversnacks.com

Brussels Bites

Brussels sprouts, cashews, kale, pumpkin seeds, carrots, onions, garlic and spices culminate for a zesty, herby snack that gives you 80% of your daily value (DV) of vitamin A and 90% of your DV of vitamin C. \$6, mycocoro



Sweet Chil

CORN TORTILLA CHIPS



Q How does gut health affect the brain?

The relationship between intestinal health and overall good health – including a healthy brain – is receiving a great deal of attention these days. Your intestines are brimming with bacteria, which play a role in a wide range of your body's functions. Maintaining healthy gut bacteria may help you avoid excess inflammation and limit the activity of free radicals, highly reactive molecules in your body that can cause cell damage. Inflammation and cellular decay are thought to be important factors in aging and in the vulnerability of your body – and your brain – to illness and dysfunction. The idea behind books like David Perlmutter's Brain Maker (Little, Brown and Company, 2015) and other gut-focused books and programs is that by eating to promote healthy intestinal bacteria, you can protect your brain from degeneration. What does gut-friendly eating look like? It favors prebiotic, probiotic and fermented foods, all of which promote healthy gut bacteria. It avoids sugar and processed foods, which can promote unwanted bacteria and inflammation. Many of these diets strongly urge avoiding carbohydrates and gluten, however, for people who do not experience sensitivity or allergy to these foods, there is nutritional value in whole grains and complex carbs. There's a lot to recommend in these eating strategies (such as consuming plenty of prebiotic- and probiotic-rich foods) - but as with any eating program, it's important to keep a sense of balance.

Why do I feel so hungry after a bad night's sleep?

Sleep can have a powerful effect on appetite – getting too little sleep can alter the way your brain makes decisions about food and disturb our hormone levels, which can stimulate feelings of hunger and the likelihood of impulsive eating. Levels of leptin – a hormone that regulates satiety - decrease, while the appetite-stimulating hormone ghrelin goes on the rise. Being tired affects brain function in several ways that can change your eating behavior. Sleep loss increases impulsivity and stimulates the reward centers of your brain, making you more prone to eat foods high in calories, fat and sugar. Stress and mood are negatively affected by lack of sleep and can make you more likely to eat for reasons other than hunger. And the body appears to be driven to eat more after a night of poor sleep to compensate for the energy expended being awake. Sleep is more than just rest for your body and mind; it helps you manage appetite and healthful eating.

Registered dietitians Tiffani Bachus and Erin Macdonald are the co-founders and creators of URockGirl.com, a website dedicated to promoting wellness and a healthy, balanced lifestyle.





MUSHROOM MAYAKOVA/SHUTTERSTOCK, BLUEBERRIES HURSTPHOTO, ASPARAGUS BINHTHANH BUJ/SHUTTERSTOCK, EMOTICONS RYPEARTS/SHUTTERSTOCK. COM, EGGS DANCESTROKES/SHUTTERTOCK. COM

EMOTIONAL EATING EXPLAINED

If you find yourself eating more when you're sad or stressed, now there's a reason why. Cornell food scientists have found that an individual's tendency to overeat depends on whether they feel happy or sad. In a study conducted on 550 college hockey game attendees over the course of several games, scientists found that various emotional states affected subjects' taste perceptions of sweet, salty, bitter, sour and umami. Researchers found that when the home team won, participants were happy to continue eating their regular foods, but when the team lost, they were more likely to crave sweets, showing that negative emotions can alter one's experience of eating food that is less desirable to their palate. "Limit your access to unhealthy snacks," says study coauthor Corinna Noel. "If you must fulfill that sweet craving, reach for a piece of fruit instead of a giant bowl of ice cream or a brownie."

chew on this #158

Want to extend the shelf life of your eggs by 3 to 4 weeks? Simply rub eggshells with vegetable oil such as safflower or sunflower oil before refrigerating. This helps prevent weight loss of the eggs and helps preserve the quality of the egg white and yolk.

Diversify Your Diet for Better Gut Health

New research presented at the 2015 meeting and food expo of the Institute of Food Technologists shows that eating a diverse selection of foods may help modify gut flora. In turn, this has implications in preventing obesity and diseases such as type 2 diabetes. Lead researcher Mark Heiman, vice president and chief scientific officer at MicroBiome Therapeutics, says modern agricultural practices as well as climate change have contributed to a loss of food diversity, with about 75% of the world's population consuming only five animal species and 12 plant species, with rice, maize and wheat dominating the highest percentage of calories within the plant species group. "Like any ecosystem, the one that is most diverse in species is the one that is going to be the healthiest," Heiman says. In his study conducted on those with prediabetes and type 2 diabetes, Heiman developed a therapeutic agent with inulin, beta-glucan and antioxidants. Those who took it experienced a shift in their gut flora, improved blood sugar control, increased satiety and better digestion. While the therapeutic agent still merits further study, researchers say that making changes to your diet can help. Try incorporating different types of foods rich in inulin, beta-glucan and antioxidants into your diet, such as whole grains like oats and fruits and vegetables like onions, bananas, asparagus, garlic, blueberries and mushrooms.



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BY ALEXIS NILSEN, RECIPE PHOTOGRAPHY BY GIBSON & SMITH

In 2005, Erin McKenna opened up her first gluten-free bakery on the Lower East Side of Manhattan with two rules: Create a business free of harmful ingredients and wear cute uniforms.

Today, gourmet treat-seekers on both coasts can enjoy her vegan and glutenfree goodies in three locations including Los Angeles and the most magical place on earth, Disney World.

Erin's become a rock star in the glutenfree world, making her success that much sweeter. With three cookbooks complete, her latest mission was to roll out allergen-free bread with Bread & Butter (Clarkson Potter, 2015), and she's appealed to some of her toughest critics, including her three-year-old daughter, Halsey Valentine.

Where do your recipe ideas come from?

They almost always come from a place of yearning for what I used to eat before I knew of my intolerance to gluten. There are enough memories from my gluten-filled past to keep me busy recreating recipes for a few lifetimes! I am now able to throw together a quick veggie crostata on the days we seemingly have nothing in the fridge but some veggies. I use my all-purpose puff pastry dough from the book, which I like to keep on hand in my fridge for when I'm in a pinch, plus it's a great way to sneak some extra vegetables onto my 3-year-old's plate.

Which recipe are you most proud of?

It always changes, but the bagels are exciting to me right now. Honestly, I had no idea what a hit they'd be at the bakery, but customers are coming in just for the bagels. We make a variety every day - pesto, caramelized onion, cinnamon raisin and blueberry.

Mmm, pesto bagels! Do you offer a lot of savory foods at your bakeries?

We sell a lot of savory items: veggie biscuits, rosemary thyme focaccia, pizza and pesto bagels regularly. We always sell out of these items daily!

Have you ever had an epic kitchen fail?

Always! Too many to count, actually. Testing out ideas for the new cookbook was full of failures. I quickly learned the nature of the ingredients and how they work together for great-tasting recipes; once that was revealed to me through those baking fails, it became easy. The biggest fail was the brioche. I knew it had to be mainly the starchier ingredients, so I relied on those and ended up with something that resembled mochi balls, not a brioche. But I learned that increasing the starch in a recipe would give it a nice bounce, so I played around with that quite a bit and got great results.

Why do some people assume gluten-free and vegan means tasteless?

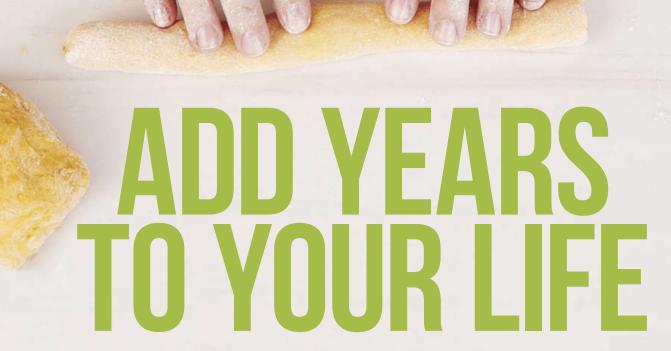
To be honest, sometimes they're right. But I think I'd tell them to stay open to trying new things and they'll see what's possible. There are so many people doing incredibly creative things on the scene right now. James Beard Award–winning chefs like Mark Ladner and Brooks Headley are doing mind-blowing things. Mark has a gluten-free pasta concept that is amazing – you'd never know the difference. And Brooks has a veggie burger that draws a lineup around the block any time he opens a pop-up. The food game has changed for the good!

Gluten-free bakeries are popping up everywhere. Do you ever feel threatened by the competition?

Never. I knew when I opened the bakery 10 years ago, way before anyone was willing to take the risk, that eventually gluten-free would be the new normal. No one will ever do what we do, exactly the way we do it, and there's room for everyone. We encourage our customers to try our best sellers, and once they do, they're customers for life.

So what's next for Erin McKenna?

I have no clue and I'm very delighted about that.



Change your relationship with food forever and finally understand how to balance your meals by taking *Clean Eating's* in-depth cooking and nutrition course online.

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 - Get Energy That Lasts All Day
 - Lose and Maintain Weight Easily
 - Save Money and Reduce Food Waste
 - Read Nutrition Labels Like a Pro



ENROLL NOW AT aimhealthyu.com/cea



Kale Artichoke Dip

SERVES 8.

Try sprinkling with red pepper flakes for an extra kick.

INGREDIENTS:

- 2 tbsp coconut oil or olive oil
- ¼ small yellow onion, chopped (about ¼ cup)
- 2 cups kale, stemmed and roughly chopped
- 4 scallions, thinly sliced
- 1 clove garlic, minced
- 1 12-oz bag frozen artichokes, thawed (or jarred and drained)
- ¼ cup shredded vegan gluten-free cheese, optional
- · 1 tbsp fresh lemon juice
- · 2 tbsp coconut milk
- 2 tsp sea salt
- 1/4 tsp ground nutmeg
- · Ground black pepper, to taste

INSTRUCTIONS:

ONE: Preheat oven to 350°F. In a wide skillet over medium, heat oil. Add onion and cook until tender, about 3 minutes. Add kale, scallions and garlic and cook until kale softens, about 5 minutes. Remove pan from heat and let cool for 20 minutes.

TWO: To a food processor, add kale mixture, artichokes, vegan cheese (if using), lemon juice, coconut milk, salt, nutmeg and pepper and pulse until mixture is semi-smooth. Pour mixture into a baking dish and bake for 30 minutes, until top is golden brown. Let dip cool for 5 to 10 minutes before serving.

NUTRIENTS PER SERVING (½ CUP):

CALORIES: 67, TOTAL FAT: 4 g,

SAT. FAT: 4 g, CARBS: 7 g, FIBER: 4 g,

SUGARS: 1g, PROTEIN: 2 g,

SODIUM: 509 mg, CHOLESTEROL: 0 mg



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Fall is a time for change, and if there's one thing you can put on your table this fall for positive change, make it some deliciously healing foods. Below are eight of my absolute favorite clean eats that make a regular appearance on my dinner table.

1 | KABOCHA SQUASH

I'm most excited about sharing this particular ingredient with you! My beautiful Japanese mom raised us on steamed kabocha squash. Full of antioxidants like beta-carotene and vitamin C as well as iron and fiber, this delicious, rich and sweet squash that tastes like chestnuts and rich pumpkin is the cover star of my new book, *Clean Green Eats* (Harper Wave, 2015), and

it's about to become one of the most popular ingredients this season. Slice it thin, roast it with a little olive oil and sea salt and toss it into your favorite fall soup.

2 | TURMERIC

Part of the ginger family, turmeric root is available at health-food markets and is a powerful detoxifier. Commonly used in traditional Chinese and Ayurvedic medicine for its anti-inflammatory power, it's packed with manganese, iron, vitamin B₆ and fiber. Grate this root into your grain salads,

soups, eggs and stir-fries. Sprinkle a little on roasted nuts, popcorn or pasta for an anti-inflammatory punch.

3 | HEMP SEEDS

Hemp seed is a complete protein, meaning it offers all the essential amino acids your body needs to fuel metabolic function and build muscle. There is 5 grams of lean muscle—building protein in just 2 tablespoons of hemp seeds. They're also an ideal balance of omega-3 and omega-6 fatty acids, which are known to boost brain power, improve heart health and supercharge

CANDICE KUMAI: Chef, healthy lifestyle expert and best-selling author of five cookbooks including *Clean Green Eats* (Harper Wave, 2015). Kumai has appeared as a judge on *Iron Chef America* and is a regular contributor on *The Dr. Oz Show* and *El News*.

your immune system. I love sprinkling them on my pasta dishes, in salads or blended into smoothies.

4 | ADZUKI BEANS

One of CE's top superfoods of 2014, just 1 cup of these cooked red beans is packed with 26% of your daily value (DV) for iron, 30% of your magnesium, 35% of your potassium and a whopping 70% of your DV for folate. I grew up with these beans since they are used in Japanese cooking, in Japanese pastry, Japanese red beans and rice, and even on their own! See right for a delish recipe with these powerful little guys.

5 | MATCHA TEA POWDER

Rich in antioxidants, phytonutrients and vitamins C and E, green tea powder is a miracle elixir. Matcha tea may even aid in the prevention of cancer and can be used as a fat burner, to lower blood sugar and cholesterol, and to naturally detoxify the body thanks to its chlorophyll content.

6 | BRAGG LIQUID AMINOS

This simple and delicious condiment can take the place of soy sauce. Amino acids are important because they are the building blocks of proteins. If your body is lacking in amino acids, it can affect your physical and mental health.

7 | RAW APPLE CIDER VINEGAR

Raw, unfiltered apple cider vinegar is rich in natural enzymes and important minerals, and it has amazing detoxifying powers. Studies show that apple cider vinegar may also help to lower LDL, aka "bad" cholesterol.

8 | **ARAME SEAWEED** Sea vegetables such as arame are naturally full of iodine, a trace mineral that is crucial for thyroid hormone production. These hormones are responsible for controlling metabolism, appetite, heart rate, blood pressure and body temperature, among other functions.

Arame Avocado Salad

Recipe adapted from Candice Kumai's Clean Green Eats

SERVES 3.

This delicious, plantbased recipe includes sea vegetables, local produce and healthy, filling grains. Naturally full of iodine, vitamin C, manganese and vitamin B₂, seaweed is a clean eater's best friend!

INGREDIENTS:

- 5 tbsp dried arame
- 2 cups cooked quinoa
- 1 cup cooked or BPA-free-canned adzuki beans, drained and rinsed
- 1 cup arugula or chopped kale
- 1 avocado, peeled, pitted and cubed

DRESSING

- 2 tbsp Bragg Liquid Aminos or reducedsodium tamari
- ¼ cup raw apple cider vinegar
- 1 tbsp toasted sesame oil

INSTRUCTIONS:

ONE: In a medium bowl, soak arame in ¾ cup water for about 15 to 20 minutes. Drain all excess liquid.

TWO: Prepare dressing: In a large bowl, whisk together liquid aminos, vinegar and oil.

THREE: To bowl with the dressing, add reconstituted arame, quinoa, beans and arugula; toss to coat. Top with avocado.





Self-Care is the New Health Care



Look 10 years younger by going sugar-free and rolling out the greens. BY TOSCA RENO

Aging is not for the faint of heart. Bosoms droop, jowls develop, bladders leak, joints creak and crow's-feet appear overnight. However, at a recent family reunion where we celebrated the 90th birthday of my Aunt Theresia, it was evident my Dutch relatives had something figured out. My mom will be 80 this year, my godmother 88, two more aunts will be 89, and it keeps going. The amazing thing is that they have good skin, functioning minds and can still walk on their own steam. In fact, if you get in the way, they will give you a shoulder shove and stand their ground.

I was hoping to discover their secret. Ultimately I did. While the Dutch genes may have something to do with it, it turns out every one of them comes from thrifty farming lifestyles where they ate what the good earth produced. Sugar was not in their vocabulary. Their favorite vegetable? *Boerenkool*. Translation: kale. Kale was eaten morning, noon and night because it was a vegetable that wouldn't quit and it was cheap. Even in a heavy snowfall, you could harvest kale, and if you stepped into the next row of their substantial gardens, you would find leeks and onions, too. These were staples in their diet.

My aunts scoffed at the idea of refined sugar in their diet. Their idea of a sweet was an apple, little realizing their decisions were shaping an aging process that would protect them from the ravages all too prevalent today.

My aunts reminisced about how much kale they ate and, of course, the recipes poured out. A traditional and filling dish, *boerenkool stamppot*, or kale hash, is made with kale, mashed potatoes and smoked sausages. This way of eating was necessitated during the hardships of wartime in the 1940s and the ensuing years of hunger. As it turns out, relying on greens grown straight from the earth was a saving grace. Nutritious cruciferous greens like kale, abundant with calcium, soluble and insoluble fiber, as well as vitamins A, C and K and the minerals copper, potassium, iron, manganese and phosphorus, are powerhouses for the entire body, including the skin. Vitamin C particularly plays an important role in skin health as it aids in the formation of collagen, a protein in the body that is a major building block for skin, cartilage, bones and tendons.

But the skin isn't the only body part we worry about as we age. While chatting with my aunts, I realized they are witty, smart, fast-paced talkers and thinkers. Their brains, despite their age, were on fire. My oma, who lived to 96, also had a marvelous brain, completing crossword puzzles daily and challenging all who dared with scientific facts. Eating for brain health is an idea that has taken root of late since the incidence of Alzheimer's disease and dementia are skyrocketing.

Today, 1 in 9 Americans aged 65 years and older have the disease, with some segments of the population hit harder than others. My aunts scoffed at the idea of refined sugar in their diet. Their idea of a sweet was an apple, little realizing their decisions to eat as they did were shaping an aging process that would protect them from the ravages all too prevalent today. According to the Centers for Disease Control and Prevention, unless today's lifestyle trends improve, diabetes could reach epidemic proportions by 2050, with one out of three people developing diabetes in their lifetime. In fact, "type 3 diabetes" is an emerging term being used for Alzheimer's and dementia as a form of diabetes, as the brain suffers an inability to process sugar in the face of excess.

It was remarkable to digest these facts – facts to me because the living examples stood right in front of me – and to know how powerfully our lifestyle choices affect us.

I will continue to serve happily as your guide in the self-care-ishealth-care revolution. My aunts and extended family members and I are here to prove it!

When nutritional therapy practitioner Tosca Reno was raising five children under one roof she still managed to write numerous books. Her New York Times best seller is Your Best Body Now (Harlequin, 2010), and Tosca Reno's Eat Clean Cookbook (Robert Kennedy Publishing, 2009) was nominated for the prestigious Gourmand World Cookbook Award. Order copies of her books at toscareno.com.

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A Please-Everyone Paella!

Chef and single dad Mike Ward's 20-minute quinoa paella recipe can easily be customized to your family's varied taste buds. As a single parent to two young girls, I am not immune to the struggle of getting a fast and flavorful dinner on the table that all hungry mouths will enjoy.

I have, however, found a few fast and healthy go-to dishes that fit the bill. My 10-year-old, Sydney, loves chicken but hates shrimp, and Faith, my seven-year-old, is the opposite. I love both. For this reason, paella is a perfect dish because you can tailor it to your family's taste buds – but everybody still eats from the same big platter. I'll often tinker with this basic recipe by adding chorizo, different varieties of seafood, vegetables like chopped carrot, zucchini or fennel, edamame or even beef.

Paella is the perfect keep-them-all-happy dish with a ton of flavor, and it's virtually foolproof.





CHICKEN SURF 'N' TURF QUINOA PAELLA

SERVES 4. HANDS-ON TIME: 20 MINUTES. **TOTAL TIME: 20 MINUTES.**

I love serving this dish with a generous handful of parsley, a splash of olive oil and lemons for squeezing over top.

INGREDIENTS:

- 2 tbsp olive oil
- 1 6-oz boneless, skinless chicken breast, cut into 1/2-inch cubes
- 1 yellow onion, finely chopped
- 1 each red and yellow bell pepper, finely chopped
- · 3 cloves garlic, finely sliced
- · 1 tbsp each ground cumin and paprika
- 1 cup quinoa, rinsed
- 21/2 cups chicken, vegetable or fish broth
- · Juice and zest of 1 lemon
- 1 tsp red pepper flakes, or to taste
- · Sea salt and ground black pepper, to taste
- 1 lb peeled and deveined medium to large shrimp (fresh or frozen and thawed)
- 1 cup frozen peas

INSTRUCTIONS:

ONE: In a large skillet or paella pan on medium-high, heat oil. Add chicken, onion, bell peppers, garlic, cumin and paprika and sauté for 2 to 3 minutes.

TWO: Add quinoa, broth, lemon zest and juice, pepper flakes, salt and pepper. Cover and bring to a boil, then reduce heat to a simmer on medium-low and continue to cook, stirring occasionally, until most of the liquid is absorbed and quinoa becomes a little tender (but not soggy), about 7 to 8 minutes. Add a little more stock, if required, to maintain a moist consistency.

THREE: Add shrimp and peas and cover until shrimp is cooked and quinoa is al dente, about 5 to 8 minutes. Season with additional salt and pepper.

Don't be daunted by this French classic – it's an easy and delicious reason to invite company for dinner tonight.

TEXT AND PHOTOGRAPHY BY JILL SILVERMAN HOUGH



JILL SILVERMAN HOUGH

A culinary instructor, recipe developer and most recently co-author of The Clean Plates Cookbook: Sustainable, Delicious, and Healthier Eating for Every Body (Running Press, 2012), Hough takes great enjoyment in helping readers create cleaned-up versions of popular international dishes at home with ease. For more of her recipes, visit jillhough.com. Coq au vin is about as classic French as you can get, which might make you think it's a challenging dish to make. But that couldn't be further from the truth. In fact, coq au vin is a simple country meal, a relatively basic braise that's perfect for the coming cool months and equally impressive for guests.

Perhaps even better, steeped in red wine and featuring bacon, mushrooms, onions, herbs and garlic, coq au vin is as rich in flavor as it is easy to prepare. This stunning, scrumptious dish definitely deserves a place in your culinary repertoire.

THE STORY BEHIND THE DISH

Coq au vin literally means "rooster with wine." Roosters were typically used for breeding, and so by the time one ended up in the kitchen, it was quite literally a tough, old bird.
So a long, slow cook was the ideal way to turn that toughness into tender deliciousness.

Although the dish has been traced back to the days of the ancient Gauls and Julius Caesar, recipes for coq au vin only started appearing in the early 20th century. By the latter half of the

century, the dish was relatively well-known – perhaps thanks to Julia Child popularizing it on her cooking show, *The French Chef.*

THE NEW COQ AU VIN

Child made a few adjustments for her time – eschewing a rooster for a hen, for example – and I've made a few more for ours to elevate this classic to a clean-eating caliber.

Instead of a whole chicken, this recipe uses skinless chicken thighs, which are inherently juicy and tender. Nowadays, they're readily available and the dark meat is most apropos for a braise. I've added an overnight soak in the wine, a traditional step that Child omitted but one that helps add flavor and color to our skinless meat.

Many recipes cook the mushrooms and onions separately, which adds fat and extra steps. For the sake of simplicity, this recipe cooks everything in one pan. And in the spirit of eating clean, I've switched to turkey bacon and upped the veggies. All of which makes the dish simpler and healthier, but no less delicious.

Working with Wine

Since wine is a main ingredient in coq au vin – it's right there in the name! – let's review some basics about cooking with wine.

- Stick to the type of wine the recipe calls for. When a recipe calls for wine, don't substitute white for red, or dessert (sweet) wine for dry.
- Choose mid-priced wine for cooking wine that won't break the bank but that still tastes good to you. With more expensive wine, you'd be paying for flavor nuances that are likely to cook off anyway.
- Wine is mildly acidic, so use it judiciously, especially if there are other acidic ingredients in the dish, such as tomatoes.

CLEAN COO AU VIN

SERVES 6.
HANDS-ON TIME: 1 HOUR.
TOTAL TIME: 1 HOUR,
10 MINUTES (PLUS
MARINATING TIME).

Many recipes suggest serving this rich chicken, mushroom and onion braise over buttered noodles, but a hunk of whole-grain country bread would also be a good accompaniment. Either way, you'll want to sop up every delicious drop.

INGREDIENTS:

- 6 7-oz bone-in chicken thighs, skin removed
- 1½ cups dry red wine
- 2 tbsp olive oil, divided
- 3 oz all-natural turkey bacon, no added nitrates or nitrites, cut crosswise into ¼-inch strips
- 1 tsp ground black pepper, plus additional, to taste
- ½ tsp sea salt, plus additional, to taste
- 24 pearl onions

 (about 4 oz), peeled
 (NOTE: To easily peel
 onions, cut an X into the
 root end of each, then cook
 them in boiling water for

- about 1 minute. Drain and set aside to cool, then slip off skins.)
- 2 stalks celery, cut into
 ½-inch slices
- 1 large carrot, peeled and cut into ½-inch slices
- 1 lb cremini mushrooms (halved if large)
- 4 large cloves garlic, minced
- 3 tbsp white wholewheat flour
- 1 cup low-sodium chicken broth
- 4 large fresh thyme sprigs
- 4 large fresh flat-leaf parsley sprigs, plus 2 tbsp chopped fresh parsley, divided
- 2 small bay leaves

INSTRUCTIONS:

ONE: In a large resealable bag, combine chicken and wine. Seal bag, squeezing out as much air as possible, and set aside in refrigerator to marinate for 12 to 48 hours. Remove chicken from marinade, reserving marinade, and pat pieces dry. Set aside.

TWO: In a Dutch oven, braising pan or large skillet

with a tight-fitting lid, heat 1 tbsp oil on medium-low. Add bacon and cook, stirring occasionally, until crisp, 4 to 6 minutes. Using a slotted spoon, transfer to a large plate and set aside.

THREE: Add remaining 1 tbsp oil to pan and heat on medium-high. Sprinkle both sides of chicken with pepper and salt. Working in batches, add chicken to pan and cook until browned, 3 to 4 minutes per side. Transfer chicken to plate with bacon.

FOUR: To pan, add onions, celery and carrot and cook, stirring occasionally, for 3 minutes (if pan is getting too brown, lower heat to medium). Add mushrooms and cook, stirring occasionally, until vegetables are lightly browned, 2 to 4 minutes. Add garlic and cook, stirring occasionally, until fragrant, about 30 seconds. Sprinkle in flour, stirring until evenly incorporated. Add marinade and scrape up any browned bits in pan with a spoon. Stir in broth, thyme, parsley sprigs and bay leaves.

FIVE: Return chicken and bacon to pan, nestling chicken into liquid. Bring to a boil, reduce to a simmer, cover and cook until chicken is cooked through and vegetables are tender, about 20 minutes.

SIX: Use a slotted spoon to transfer chicken and vegetables to plates or a platter, discarding parsley and thyme sprigs. Season sauce with additional salt and pepper and spoon a little over the chicken. Garnish with chopped parsley and serve remaining sauce at the table.

NUTRIENTS PER SERVING

(1 CHICKEN THIGH, ¾ CUP VEGETABLES, ½ CUP SAUCE):

CALORIES: 272, TOTAL FAT: 11 g,
SAT. FAT: 2 g, MONOUNSATURATED
FAT: 6 g, POLYUNSATURATED
FAT: 2 g, CARBS: 13 g,
FIBER: 2 g, SUGARS: 3 g,
PROTEIN: 30 g, SODIUM: 423 mg,
CHOLESTEROL: 125 mg

■



5 SUPPLEMENTS

to Start Taking Now

America's premier naturopathic doctor, Michael Murray, ND, shares his top 5 nutritional aids for thriving good health and disease prevention.

ore than half of all Americans take some form of dietary supplement on a regular basis. Why are so many of us taking vitamins and minerals? Stress, busy schedules and even poor food choices can all get in the way of our bodies getting everything they need for vibrant health. While eating a clean diet with plenty of vegetables and fruits is always my number one recommendation, there are a few key supplements that almost anyone can benefit from.

1. Start with the basics: A multi

I always recommend patients start with a high-potency multivitamin and mineral formula – I consider it an insurance policy to protect against any nutrient deficiencies. A multi is never a substitute for a healthy diet, of course, but it does provide a nutritional foundation you can build on. Look for products that have the recommended daily value (DV) for all vitamins and minerals.

A healthy diet always comes first, but supplements can be a big help in keeping you full of energy and free of disease.

2. Go green: Flavonoid extracts and greens drinks

Antioxidants work together as a team, so you always want to opt for a product that contains an array of antioxidants rather than a large dose of any single nutrient. Look to flavonoid-rich extracts like pine bark or grape seed extract at 100 milligrams per day, or have a greens drink each day. Opt for greens drinks made with wheat grass, dehydrated barley grass or algae sources such as chlorella or spirulina in addition to eating lots of plant-based foods every day.

3. A little help from the sea: Fish oil

Omega-3s have nearly reached buzzword status, but few people understand why: Omega-3 fatty acids EPA and DHA are a key structural component of your body's cell membranes, so if you're missing those fatty acids, your cell membranes will be altered and your cells won't function properly. The consequence of this is tremendous, spurring the onset of virtually every chronic disease, especially cancer, diabetes, arthritis and cardiovascular disease. The good news is that supplementing with omega-3 fatty acids has shown significant protective effects. Look for one that provides 1,000 milligrams of EPA and DHA daily.

4. The sunshine vitamin: Vitamin D

It turns out that vitamin D deficiency is very common – at least 50% of the general population is thought to be deficient – and it's a factor in the development of many chronic degenerative diseases. Unfortunately, I can't simply tell you how much to take, as the right dosage is different for everyone. Some people can reach an optimal level with just 600 IU daily (or 20 minutes of daily

sunlight exposure), while others need 5,000 IU daily. The best way to know where you fall is to ask your doctor for a blood test for 25-hydroxyvitamin D3 or 25(OH)D3. I recommend that people aim to be in the range of 40 to 80 ng/ml.

5. Boost your bacteria: Probiotics

The term probiotic comes from the Greek term *biotikos*, which translates to "for life"

translates to "for life."
Makes sense when
we're talking about the
beneficial bacteria that
live in your intestinal
tract. Studies show
that gut bacteria play
a huge role in human
health – and taking
a daily probiotic
supplement can have
profound effects
on health.

Probiotics dosages are usually based on the number of live organisms in the product, so to make sure you're getting a viable dose, look for products that guarantee the number of live bacteria at expiration versus time of production. I suggest taking 5 billion to 20 billion viable bacteria daily.



MICHAEL MURRAY, ND, is one of the world's leading authorities on natural medicine. He has published over 30 books featuring natural approaches to health. His research into the health benefits of proper nutrition is the foundation for a best-selling line of dietary supplements, Natural Factors. He is a graduate, former faculty member and serves on the Board of Regents of Bastyr University in Seattle, Washington.



THE PREVENT & HEAL ISSUE

SPECIAL SECTION

MEDITERRANEAN DIET

Take it from the Italians and the Greeks - the secret to a longer life may lie in what's on your plate. We reveal the 20 power foods from the region that should be in heavy rotation in your kitchen.

EAT MORE PLANTS Reduce your risk of high blood pressure, type 2 diabetes and heart disease by doing one simple thing: Include more plantbased foods in your diet. We show you how to do it deliciously.

CANCER PREVENTION

Genetics is only a small piece of the puzzle when it comes to cancer risk - renowned experts in the field give you their top dietary and lifestyle advice on how to improve your odds. Plus, we've got 6 superfood-packed cancerpreventing recipes.

MEDITERRANEAN MAKES SENSE

Ditch the fad diets that offer false promises of turning back the clock. The life-extending powers of the Mediterranean diet have withstood the test of time – with one of the world's highest percentages of centenarians to prove it.

BY SARAH TUFF DUNN, RECIPES BY JILL SILVERMAN HOUGH, PHOTOGRAPHY BY ANDREW GRINTON

WHO KNEW THAT A DROP OF OLIVE OIL WOULD CAUSE SO MANY RIPPLES?

More than 50 years ago, American scientists discovered that the ubiquitous cooking fat in Greece and Italy was part of an overall eating pattern that could help stave off cardiovascular disease and cancer.

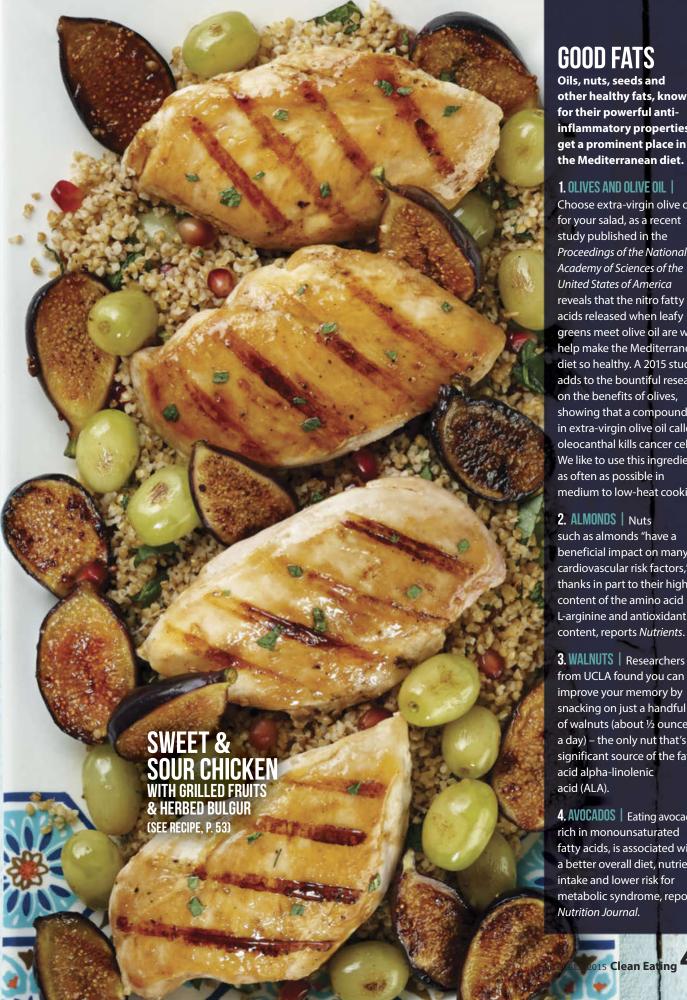
The Mediterranean diet that sprang up out of that discovery has expanded into a broader concept examined in research such as *The Blue Zones* (National Geographic Society, 2009), a Dan Buettner book that looks into the lifestyles of five of the healthiest regions of the world (two of those – Sardinia, Italy, and Ikaria, Greece – happen to be in the heart of the Mediterranean) and how consuming pure, unprocessed foods can be one of the keys to becoming a centenarian.

How? The repetitive DNA sequences at the ends of your chromosomes are called telomeres, and the longer your telomeres, the longer you live. Studies have shown that foods prevalent in the Mediterranean diet - fruits and vegetables, beans, whole grains, seafood and healthy fats - are associated with longer telomere length. (People in the Blue Zone regions, for the most part, also consume dairy along with local animal protein in smaller amounts.) A near mirror image of the Clean Eating diet.

Embracing this lifestyle turns you anything but blue, however. Other studies reveal that the Mediterranean diet can also reduce the incidence of depression. Your thoughts are

brighter and your heart is stronger through the simple act of choosing what grows from the ground and swims in the sea instead of what sits on a grocery store shelf.

But preventing disease isn't all about food. As Buettner explains in The Blue Zones, a sense of humor helps, as does a sense of purpose in life, exercise and strong social circles. So when gathering your circle of friends, it makes sense to consider the full circle of the Mediterranean diet and reach for the superfood that was just shown to kill cancer cells: extra-virgin olive oil (check out more details on EVOO in "Good Fats" - see right). Here are the top 20 superstars in the Mediterranean diet that can help you stave off disease and live longer.



GOOD FATS

Oils, nuts, seeds and other healthy fats, known for their powerful antiinflammatory properties, get a prominent place in the Mediterranean diet.

1. OLIVES AND OLIVE OIL |

Choose extra-virgin olive oil for your salad, as a recent study published in the Proceedings of the National Academy of Sciences of the United States of America reveals that the nitro fatty acids released when leafy greens meet olive oil are what help make the Mediterranean diet so healthy. A 2015 study adds to the bountiful research on the benefits of olives, showing that a compound in extra-virgin olive oil called oleocanthal kills cancer cells. We like to use this ingredient as often as possible in medium to low-heat cooking.

2. ALMONDS | Nuts such as almonds "have a beneficial impact on many cardiovascular risk factors," thanks in part to their high content of the amino acid L-arginine and antioxidant

3. WALNUTS | Researchers from UCLA found you can improve your memory by snacking on just a handful of walnuts (about ½ ounce a day) – the only nut that's a significant source of the fatty acid alpha-linolenic acid (ALA).

4. AVOCADOS | Eating avocados, rich in monounsaturated fatty acids, is associated with a better overall diet, nutrient intake and lower risk for metabolic syndrome, reports Nutrition Journal.

BAKED MUSSELS IN TOMATO OLIVE SAUCE

WITH ZUCCHINI & POTATOES

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 15 MINUTES.

Here, mussels are roasted on top of a hearty, fresh tomato sauce brimming with vegetables. Serve whole-grain bread on the side – you'll want to sop up every drop.

INGREDIENTS:

- 1 tbsp olive oil
- 4 cloves garlic, thinly sliced
- 2 lb tomatoes, cut into
 ½-inch dice (about 4 cups)
- 1/8 tsp red pepper flakes
- 2 small zucchini, halved lengthwise, then sliced into ¼-inch-thick half-moons

- 6 oz small red or white potatoes, cut into ½-inch wedges
- 8 pitted Kalamata olives, quartered
- 2 tbsp chopped fresh oregano, divided
- · Sea salt, to taste
- 1½ lb mussels, scrubbed and debearded (TIP: If you have any mussels that are open, give them a tap; discard any that do not close.)

INSTRUCTIONS:

ONE: In a large skillet on medium, heat oil. Add garlic and cook, stirring occasionally, until fragrant, about 30 seconds. Add tomatoes and pepper flakes and cook, stirring occasionally, until tomatoes release their juices and come to a boil. Reduce to a simmer, cover and cook for 15 minutes. Add zucchini

and potatoes and cook uncovered, adjusting heat to maintain a simmer and stirring occasionally, until zucchini and potatoes are just tender, about 10 minutes.

TWO: Meanwhile, preheat oven to 425°F. Stir olives and 1½ tbsp oregano into tomato mixture; add salt. Transfer to a 2-qt baking dish and arrange mussels over top. Bake until mussels open, about 10 minutes. Sprinkle mussels with remaining 1½ tsp oregano.

NUTRIENTS PER SERVING (8 TO 12 MUSSELS AND 1 CUP TOMATO MIXTURE):

CALORIES: 272, TOTAL FAT: 10 g, SAT. FAT: 2 g, MONOUNSATURATED FAT: 5 g, POLYUNSATURATED FAT: 2 g, CARBS: 25 g, FIBER: 4 g, SUGARS: 7 g, PROTEIN: 23 g, SODIUM: 663 mg, CHOLESTEROL: 45 mg

FISH AND SEAFOOD

Rich in omega-3 fatty acids, vitamin D, selenium and protein, but low in total fat, fish and seafood are a staple of healthy, clean eating around the world.

5. MUSSELS Open any Mediterranean menu to find these bivalves, which are full of omega-3 fatty acids that can reduce inflammation but are low in fat and calories.

6. SHRIMP Just 3 ounces of shrimp has nearly 20 grams of protein, keeping you full while also providing the carotenoid astaxanthin as well as selenium, a trace mineral with antioxidant properties.

7. HERRING Sure, salmon's the popular kid at the fish counter in the US, but Europeans know to head toward low-mercury herring for its omega-3s.

8. COD While cod stocks are on the decline in the Mediterranean, conditions in Pacific Northwest waters off the coast of Alaska remain favorable for the fish, which is rich in protein, iodine and vitamin B₁₂. Protein helps to regulate and repair cells, iodine helps preserve the balance of thyroid hormones, and vitamin B₁₂ is necessary for healthy blood cells.



EGGPLANT & ROASTED **RED PEPPER FLATBREAD**

WITH OLIVES & ALMONDS

SERVES 8. **HANDS-ON TIME:** 40 MINUTES. TOTAL TIME: 2 HOURS. 45 MINUTES.

Jam-packed with veggies, nuts and herbs, this flatbread makes a hearty, satisfying appetizer. Paired with a simple green salad, it also makes a great entrée for four to six people.

INGREDIENTS:

- 1 tbsp active dry yeast
- · 2 tsp raw honey
- · 3 cups whole-spelt flour, plus additional for dusting
- · 1 tsp sea salt
- · 3 tbsp olive oil, divided
- 1 4-oz Asian-style eggplant, cut into 1/4-inch slices
- 1/4 cup drained and sliced jarred roasted red peppers
- 10 pitted Kalamata olives, quartered
- ¼ cup shaved Parmesan cheese
- · 2 tbsp unsalted slivered almonds
- · 1 tbsp chopped fresh rosemary

INSTRUCTIONS:

ONE: In a small bowl, combine 11/4 cups plus 2 tbsp warm water (105 to 115°F), yeast and honey; set aside until foamy, about 5 minutes. Mist a large bowl with cooking spray and set aside.

TWO: In the bowl of a stand mixer fitted with a dough hook, combine flour and salt. Drizzle with 1 tbsp oil.

Add yeast mixture in 3 or 4 additions, mixing on medium speed between additions. Continue mixing until dough forms a ball and sides and bottom of bowl are clean, 3 to 4 minutes. Transfer dough (it will be soft and slightly sticky) to prepared bowl and loosely cover; set aside to rise until doubled in size, about 1½ hours.

THREE: Mist a large rimmed baking sheet with cooking spray. Transfer dough to a lightly floured surface and gently roll into a rectangle of approximately 12 x 15 inches. Transfer to prepared baking sheet: set aside 30 minutes.

FOUR: Meanwhile, preheat oven to 500°F. Mist another large rimmed baking sheet with cooking spray and arrange eggplant slices on top. Mist tops of slices with cooking spray and bake until tender but not yet cooked through, about 5 minutes.

FIVE: Dimple dough with fingertips, then drizzle with 1 tbsp oil. Arrange eggplant, peppers and olives on top,

then drizzle with remaining 1 tbsp oil. Bake for 15 minutes. Sprinkle with cheese, almonds and rosemary and continue baking until flatbread is browned, eggplant is very tender and almonds are toasted, 5 to 8 minutes more.

NUTRIENTS PER SERVING (1/8 OF FLATBREAD):

CALORIES: 252, TOTAL FAT: 9g, SAT. FAT: 1 q, MONOUNSATURATED FAT: 6 g, POLYUNSATURATED FAT: 1.5 g, CARBS: 37 g, FIBER: 4 g, SUGARS: 4g, PROTEIN: 8g, SODIUM: 375 mg, CHOLESTEROL: 2 mg

WHOLE GRAINS

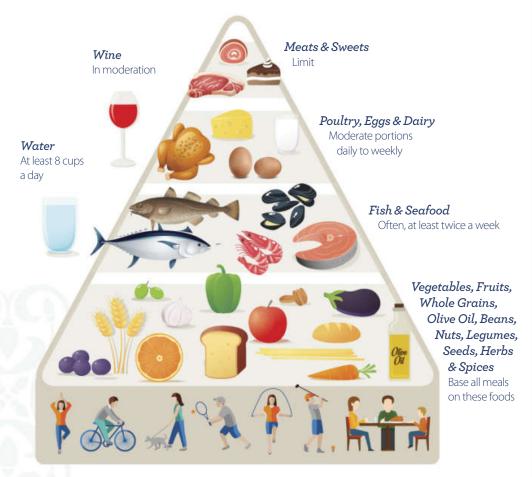
Kick refined grains to the curb. The Mediterranean diet focuses on whole varieties only, reducing your risk of stroke, diabetes, heart disease and weight gain, numerous studies show.

9. BULGUR This Middle Eastern grain contains the anti-inflammatory antioxidant betaine and is full of fiber and low in calories, at 76 calories per ½ cup cooked.

10. FARRO Farro is full of zinc, iron, fiber and the B vitamins that help your body make energy; it packs a protein punch, too.

11. WHOLE-WHEAT BREAD | Bread has gotten a bad rap, but if you're eating whole wheat and passing on the preservative-laden packaged stuff, you've got a 17% longer lease on life, a 2015 BMC Medicine article shows. Look for varieties labeled 100% whole wheat – or buy 100% whole-wheat flour and bake your own! Other varieties of whole wheat eaten in the region are spelt and kamut.

THE MEDITERRANEAN DIET



Savor meals with loved ones and be active every day.

How the Med Diet Was Born

The way folks eat in the Mediterranean region was first made famous by researcher Ancel Keys, PhD, who in the 1950s launched what's known as the Seven Countries Study, examining the relationship between diets in various countries and their prevalence of heart disease. Both Greece and Italy made the list of the lowest instances.

Keys has since been criticized for his flawed study techniques, however, he helped to bring attention to the Mediterranean diet pattern that has consistently helped to stave off disease.

Fast-forward to the 1990s, the not-for-profit food and nutrition education organization Oldways, the Harvard School of Public Health and the European Office of the World Health Organization took the dining habits prevalent in Greece and Italy in the early 1960s and expanded them into a Mediterranean diet pyramid. (For more info, visit oldwayspt.org.)

The Mediterranean diet differs from MyPlate, the USDA's dietary guide, in that it's not about measuring serving sizes – rather, it's about eating high-quality, nutrient-dense foods. Sounds pretty similar to Clean Eating, right?

FARRO & CHICKPEA CAKES

WITH AVOCADO "AIOLI" & CHERRY TOMATOES

SERVES 4.

HANDS-ON TIME: 40 MINUTES. **TOTAL TIME:** 1 HOUR, 20 MINUTES.

The farro for this deliciously crispy crab cake-like dish is purposely a little overcooked and sticky to help the cakes hold their shape during cooking. An avocado aioli-style sauce and tomatoes on top add creaminess, brightness and color.

INGREDIENTS:

- 1/2 cup semi-pearled farro
- ½ avocado, peeled and pitted
- ¼ cup plain yogurt
- 2 cloves garlic, minced
- ½ tsp sea salt, plus additional, to taste
- ½ cup cooked chickpeas or BPA-free-canned unsalted chickpeas, drained and rinsed
- ¾ cup whole-wheat panko bread crumbs
- 1/2 cup diced shallots
- 2 tbsp chopped fresh flat-leaf parsley
- 1/2 tsp ground cumin
- 2 large eggs, lightly beaten
- 2 tbsp extra-virgin olive oil
- 8 butter lettuce leaves
- 1½ cups halved cherry tomatoes

INSTRUCTIONS:

ONE: To a medium saucepan on medium-high, add farro and 1¼ cups water and bring to a boil. Reduce to a simmer, then cover and cook until farro is very tender, about 30 minutes. Drain farro, if necessary, then transfer to a large bowl and set aside to cool.

TWO: Meanwhile, in a medium bowl, mash avocado, yogurt and garlic until mixture is relatively smooth. Add salt, to taste; set aside.

THREE: In a small bowl, lightly mash chickpeas to yield some crushed pieces, some partial pieces and some whole. To large bowl with farro, add chickpeas, panko, shallots, parsley, cumin and ½ tsp salt; stir in eggs. With damp hands, shape mixture into 8 ¾-inchthick cakes. (TIP: Arrange cakes on 2 flat plates to make it easy to slide them into the skillet later.)

FOUR: In each of 2 medium skillets on medium, heat 1 tbsp oil. Carefully add 4 cakes to each skillet and cook until golden brown and cooked through, 3 to 4 minutes per side.

FIVE: Arrange lettuce leaves on plates or a platter and top each leaf with a cake. Sprinkle with tomatoes and spoon on avocado mixture.

NUTRIENTS PER SERVING (2 CAKES WITH TOPPINGS):

CALORIES: 346, TOTAL FAT: 15 g, SAT. FAT: 3 g, MONOUNSATURATED FAT: 9 g, POLYUNSATURATED FAT: 2 g, CARBS: 43 g, FIBER: 9 g, SUGARS: 6 g, PROTEIN: 13 g, SODIUM: 311 mg, CHOLESTEROL: 95 mg



ALMOND-CRUSTED COD

WITH GREEN OLIVE SALSA

SERVES 4 HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR. 5 MINUTES.

Mild-tasting cod is served over nutty arugula, earthy lentils and topped off with a piquant salsa. The textures and flavors in this easy dish play off each other beautifully.

INGREDIENTS:

- ½ cup green lentils, rinsed
- ¼ cup diced red onion, plus 2 tbsp minced, divided
- ¼ tsp sea salt

- 1/4 cup coarsely chopped green pimento-stuffed olives (martini olives)
- 1/4 cup chopped fresh flat-leaf parsley
- 1 tbsp chopped drained capers
- 1 tbsp red wine vinegar (TRY: Eden Foods Red Wine Vinegar)
- · 2 tbsp plus 4 tsp extravirgin olive oil, divided
- 45-oz skinless cod fillets, about 3/4 inch thick
- · 1 large egg white, lightly beaten
- 1/4 cup sliced unsalted almonds
- · 4 cups loosely packed arugula

away from the pantry and open your

fridge instead (and get familiar with

your local farmers' market):

INSTRUCTIONS:

ONE: To a small saucepan on medium-high, add lentils, diced onion, salt and 1 cup water and bring to a boil. Reduce to a simmer, cover and cook until lentils are tender, about 25 minutes. Drain and set aside to cool.

TWO: Meanwhile, in a medium bowl, combine minced onion, olives, parsley, capers, vinegar and 2 tbsp oil; set aside.

THREE: Brush top (skinless side) of fish with egg white. Press almonds evenly over top of fish. In a very large skillet on medium, heat remaining 4 tsp oil. Add fish,

against oxidative

damage due to

their high anti-

oxidant content.

crusted side down, and cook until almonds are toasted. 2 to 3 minutes. Carefully turn and continue cooking until fish is cooked through, 3 to 4 minutes.

FOUR: Arrange arugula on plates or a platter and top with lentils. Arrange fish over lentils and spoon on olive mixture.

NUTRIENTS PER SERVING

(1 FISH FILLET, 1 CUP ARUGULA, 1/4 CUP LENTILS, 21/2 TBSP OLIVE MIXTURE):

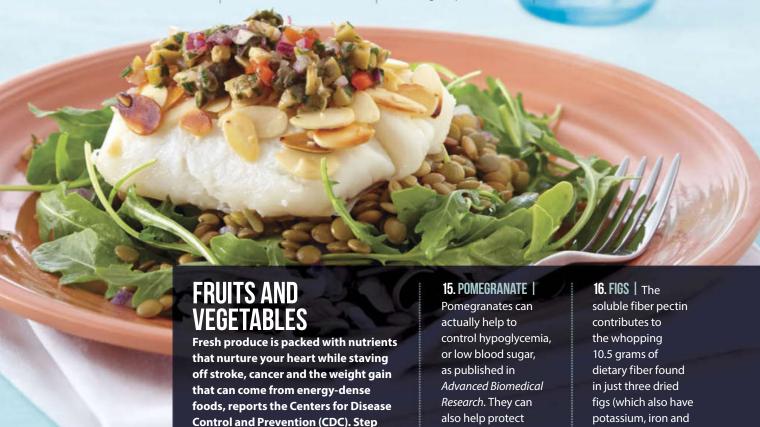
CALORIES: 344, TOTAL FAT: 16 q, SAT. FAT: 2 q, MONOUNSATURATED FAT: 11 q, POLYUNSATURATED FAT: 2.5 g, CARBS: 18 g, FIBER: 5 g, SUGARS: 2 a. PROTEIN: 31 a. SODIUM: 477 mg, CHOLESTEROL: 54 mg

calcium), helping

to fend off heart

gut health.

disease and improve



BEANS AND LEGUMES

Take it from the Harvard Medical School: Beans and legumes can help control blood sugar, improve weight control and lower blood pressure. The Mediterranean region has long relied on beans and legumes for adding protein and fiber to soups and stews.

12. CHICKPEAS | Studies show that consumption of plant-based, fiber-rich foods such as chickpeas can help prevent obesity, type 2 diabetes, heart disease and certain types of cancer.

13. LENTILS | Adding these legumes to your diet can help beat high blood pressure, according to research presented at the American Heart Association's 2013 annual conference

14. FAVA BEANS | Many studies, including one from the Journal of Clinical & Diagnostic Research, report that fava beans can boost your levels of dopamine, the chemical messenger that powers the brain's reward and pleasure centers while managing movement and emotional responses.

SWEET & SOUR CHICKEN

WITH GRILLED FRUITS & HERBED BULGUR

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

This dish gets its amazing flavor from pomegranate molasses, an intensely sweet and sour syrup typically found at Middle Eastern markets, specialty food stores and natural foods supermarkets. But it's easy to make your own - look for our recipe at cleaneating.com.

INGREDIENTS:

- ¾ cup bulgur
- 1/4 cup pomegranate molasses, divided
- 2 tbsp olive oil, divided
- 16 seedless green or red grapes or a combination
- · 6 fresh figs, halved
- 4 6-oz boneless, skinless chicken breasts
- 1/2 tsp each sea salt and ground black pepper, plus additional, to taste
- 2 tbsp each coarsely chopped fresh basil and fresh mint
- · 2 tbsp pomegranate arils
- 1 tbsp red wine vinegar

EQUIPMENT:

· 4 10- to 12-inch skewers, soaked in water if wood or bamboo

INSTRUCTIONS:

ONE: To a medium heat-proof bowl, add bulgur and 1 cup boiling water. Cover and set aside for 30 minutes.

TWO: Meanwhile, in a small bowl, combine 3 tbsp molasses and 1 tbsp oil. Thread grapes and figs onto skewers. Sprinkle chicken with salt and pepper.

THREE: Lightly oil the grate of a grill and heat on medium-high. Add chicken and grill for 2 minutes per side. Lightly brush both sides with some of molasses-oil mixture and continue to grill until cooked through, 2 to 3 minutes more per side. Lightly brush both sides of skewers with remaining molasses-oil mixture and grill until fruit is lightly charred, about 2 minutes per side. Set chicken and skewers aside to rest, loosely covered, for about 5 minutes.

FOUR: Stir basil, mint, pomegranate arils, vinegar and remaining 1 tbsp oil into bulgur. Season with additional salt and pepper. Arrange bulgur on plates or a platter and top with chicken and fruit. Drizzle with remaining 1 tbsp pomegranate molasses.

NUTRIENTS PER SERVING

(1 CHICKEN BREAST, 1/2 CUP BULGUR MIXTURE, 1/4 OF FRUIT):

CALORIES: 448, TOTAL FAT: 11 a, SAT. FAT: 2 q, MONOUNSATURATED FAT: 6 q, POLYUNSATURATED FAT: 2 a. CARBS: 48 a. FIBER: 6 q, SUGARS: 23 q, PROTEIN: 38 q, SODIUM: 329 mg, CHOLESTEROL: 94 mg

17. GRAPES | Red or purple grapes, such as the type used in grape juice or wine, can help you burn fat better by stimulating certain proteins, warding off metabolic disorders, according to a 2015 study conducted by researchers at Oregon State University, University of Florida and University of Nebraska. The key seems to be a chemical called ellagic acid that delays the growth and formation of fat cells and boosts metabolism of fatty acids in liver cells.

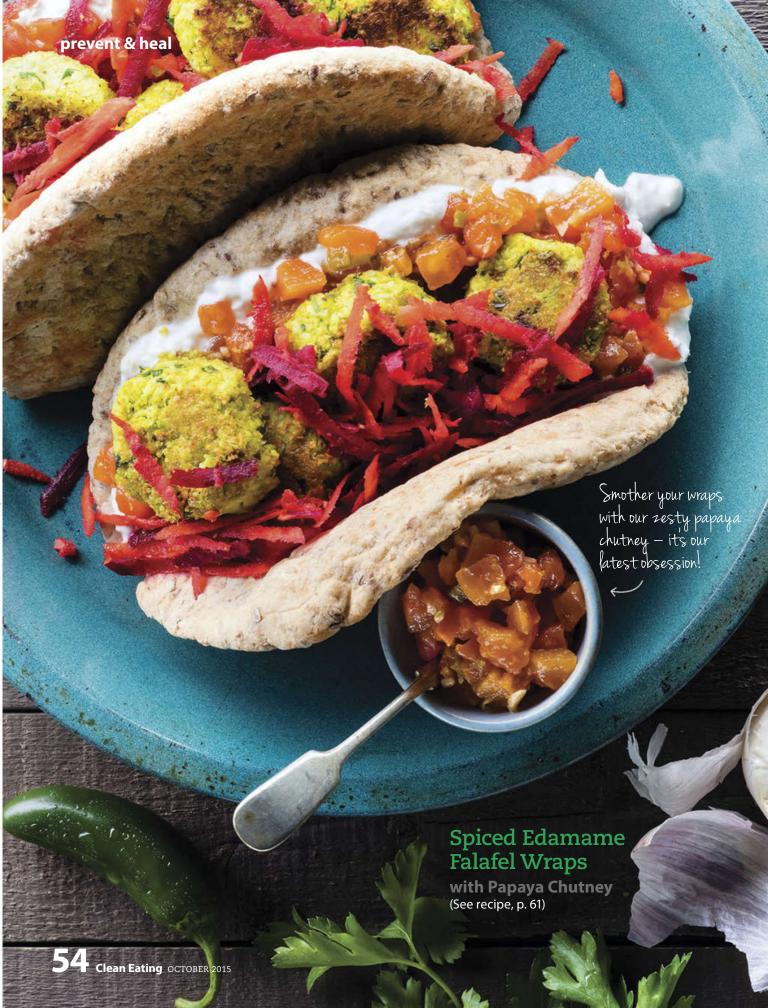
18. PARSLEY |

More than a pretty garnish, parsley contains a powerful compound called flavone apigenin that combats oxidative stress. Danish researchers have reported in the British Journal of Nutrition.

19. ARUGULA | Throw a couple of cups of arugula into your next salad; a compound in this peppery green called erucin can stop the growth of precancerous and cancerous cells, reports a 2014 article in the Public Library of Science journal PLOS One.

20. EGGPLANT |

Eating eggplant can lower your risk for cancer. skin diseases and other lifethreatening complications because of an antioxidant called nasunin that's found in the vegetable's peel. 🚳



EAT MORE Harness the power of plant-based foods to improve your health and benefit the environment. BY AMY SYMINGTON, PHOTOGRAPHY BY BRANDON BARRÉ OCTOBER 2015 Clean Eating 55

there was one simple thing you could do to bring significant benefits for your health, reducing your risk for a number of major diseases, while also being a boon for the environment, would you be interested? It's actually pretty easy: Eat lots of plantbased foods.

By increasing your intake of foods from plant sources, you'll be upping your intake of antioxidants, fiber, vitamins and minerals. A boost in these nutrients will also impact the way you feel: Those who consume more whole, plant-based foods tend to see an increase in energy, clearer skin and easier weight loss and weight maintenance, plus they may also experience a decrease in their overall risk of high blood pressure, type 2 diabetes, obesity, heart disease, stroke and cancer.

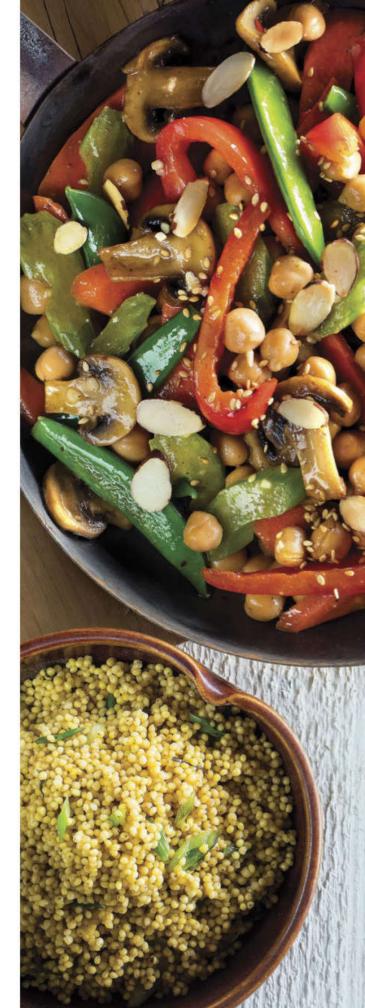
Seems too good to be true, right? The reason is that whole, plant-based foods not only contain important vitamins and minerals, but they also provide vital health benefits and help fight disease, which is why they are often classified as functional foods. By containing what are referred

to as phytochemicals (a fancy word for plant compounds - phyto- being the Greek word for "plant") such as health-boosting polyphenols, plant stanols and sterols, omega-3 fatty acids, phytoestrogens and sulfuric compounds, plants work together to help keep major chronic diseases at bav.

But if health reasons don't have you running for the produce aisle, perhaps the environmental benefits will. When focusing on fiber-rich plant foods, your carbon footprint is actually cut in half by reducing global greenhouse gas emissions, pollution, deforestation and the overuse of fossil fuels and water - all of which could be a big help in combating climate change.

While we're certainly not advising everyone to take on a strictly plant-based diet, if we all included more plant-based meals, we'd all be better off. And eating more plants doesn't have to mean deprivation - in fact, it's quite the opposite. We've come up with five delicious, outside-the-box ways to up your fruit and vegetable game. Give them a whirl, and let us know how you feel after adding more plants to your diet.

Those who consume more whole, plantbased foods tend to see an increase in energy, clearer skin and easier weight loss, plus they may also experience a decrease in their overall risk for disease





Kung Pao Chickpea Stir-Fry Over Sesame-Fried Millet

HANDS-ON TIME: 30 MINUTES. **TOTAL TIME: 30 MINUTES.**

Fiber-rich chickpeas stand in for meat in this colorful stir-fry with a spicysweet sauce - all served over millet sautéed in sesame oil and speckled with green onions.

SAUCE

- · 3 small red chiles, minced
- ¼ cup rice vinegar
- ¼ cup reduced-sodium tamari
- ¼ cup low-sodium vegetable broth
- · 2 tbsp natural unsalted almond or peanut butter (TRY: Woodstock All-Natural Unsalted Raw Almond Butter)
- · 2 tbsp tapioca starch
- 1 tbsp pure maple syrup
- 2 tsp sesame oil

INSTRUCTIONS:

ONE: In a medium bowl, whisk together all sauce ingredients. Add chickpeas and set aside.

TWO: In a large wok or skillet on high, heat 1 tsp oil. Add celery and carrots and sauté for 3 minutes. Add garlic and mushrooms and sauté for 2 minutes. Add bell pepper and peas and sauté for another 2 minutes. Add chickpea-sauce mixture and cook for 1 minute. Set aside.

THREE: Prepare millet: In a large skillet on high, heat remaining 2 tsp oil. Add millet and sauté for 3 minutes. Add green onions and sauté for 2 minutes. Remove from heat and stir in salt. Serve chickpea mixture over millet. Top with nuts and seeds.

NUTRIENTS PER SERVING

(1 CUP STIR-FRY AND 1/2 CUP MILLET): CALORIES: 387, TOTAL FAT: 15 g, SAT. FAT: 2 q, MONOUNSATURATED FAT: 7 q, POLYUNSATURATED FAT: 5 g, CARBS: 51 g, FIBER: 9 g, SUGARS: 10 g, PROTEIN: 14 g, SODIUM: 546 mg, CHOLESTEROL: 0 mg

· 3 cups white or cremini mushrooms, sliced · 1 red bell pepper, sliced

· 4 cloves garlic, minced

· 1 cup sugar snap peas, strings removed

· 3 cups cooked millet

· 1/4 cup sliced green onions

• 1/8 tsp sea salt

• 1/3 cup toasted unsalted almonds or peanuts, chopped

2 tbsp toasted sesame seeds



Veggie BLT

WITH COCONUT BACON, CARAMELIZED LEEKS & ROASTED TOMATO

HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 1 HOUR, 20 MINUTES.

Homemade coco0nut bacon with smoked paprika and maple syrup is the star of these piled-high sandwiches. We suggest making extra coconut bacon to use on salads, pastas or to eat out of hand – you're going to want to put it on everything!

INGREDIENTS:

- 4 cups grape tomatoes
- 2 tsp grape seed oil, divided
- 1 leek, white and light green parts, thinly sliced
- 1/8 tsp sea salt
- ¼ cup Dijon mustard
- 12 slices whole-grain bread or corn bread (TIP: Try pairing with our **Homemade Maple Corn Bread recipe** from cleaneating.com)
- 1 avocado, peeled, pitted and sliced

COCONUT BACON

- 1 cup unsweetened dried sliced coconut or coconut flakes
- 1 tbsp pure maple syrup
- 1½ tsp reduced-sodium tamari
- 1 tsp smoked paprika
- 1/2 tsp grape seed oil

INSTRUCTIONS:

ONE: Preheat oven to 325°F. In a medium bowl, toss tomatoes and 1 tsp oil. Spread on a large parchment-lined baking sheet and roast for 1 hour, or until slightly shriveled and sweet.

TWO: To a medium bowl, add all coconut bacon ingredients and toss well to coat. Spread on a second large parchment-lined baking sheet. Bake until crispy. (NOTE: This can take anywhere from about 8 to 18 minutes, depending

on the size of your coconut, so check often to avoid burning).

THREE: Meanwhile, in a medium skillet on medium, add remaining 1 tsp oil. Add leeks and sauté until golden brown, about 8 minutes, stirring occasionally. Reduce heat to low and cook for 8 to 10 minutes more, until caramelized. Stir in salt and set aside.

FOUR: To assemble, spread mustard on one side of all bread slices. Divide coconut bacon, tomatoes, leeks and avocado over 6 bread slices; sandwich with remaining 6 bread slices.

NUTRIENTS PER SERVING (1 SANDWICH): CALORIES: 519, TOTAL FAT: 29 q, SAT. FAT: 10 g, MONOUNSATURATED FAT: 6 g, POLYUNSATURATED FAT: 11 g, CARBS: 61 g, FIBER: 10 g, SUGARS: 17 g, PROTEIN: 9 g, SODIUM: 525 mg,

CHOLESTEROL: 0 mg

Beer-Battered Cauliflower Bites

WITH JALAPEÑO CHEDDAR-STYLE DIPPING SAUCE

SERVES 8. **HANDS-ON TIME:** 30 MINUTES. **TOTAL TIME:** 40 MINUTES (PLUS OVERNIGHT SOAKING TIME).

Quinoa flour and lager coat these golden cauliflower florets. We use cashews as the base for our dairy-free dipping sauce along with nutritional yeast to give it an extra-cheesy flavor.

INGREDIENTS:

- 2 cups low-sodium vegetable broth (TRY: Pacific Foods Organic Vegetable Broth Low Sodium)
- ¼ cup apple cider vinegar
- 1 tbsp reduced-sodium tamari
- 1 large head cauliflower, cut into medium florets
- 2 cups quinoa flour (or whole-grain spelt flour)
- 1½ tsp each garlic and onion powder, optional
- 1/8 tsp sea salt, plus additional, to taste
- 1½ cups organic lager or sparkling water, plus additional if needed
- 2 tbsp grape seed oil
- · Paprika, to taste

DIPPING SAUCE

- 1 cup unsalted cashews, soaked overnight and drained
- ½ cup drained and sliced jarred roasted red pepper
- 1/2 cup nutritional yeast
- 1 jalapeño chile pepper, stem removed
- 2 tbsp fresh lemon juice
- 1 tbsp miso
- 1 clove garlic, peeled
- 1/4 tsp sea salt
- ¼ cup fresh chives, finely chopped, optional

INSTRUCTIONS:

ONE: Preheat oven to 425°F. Line 2 large baking sheets with parchment paper.

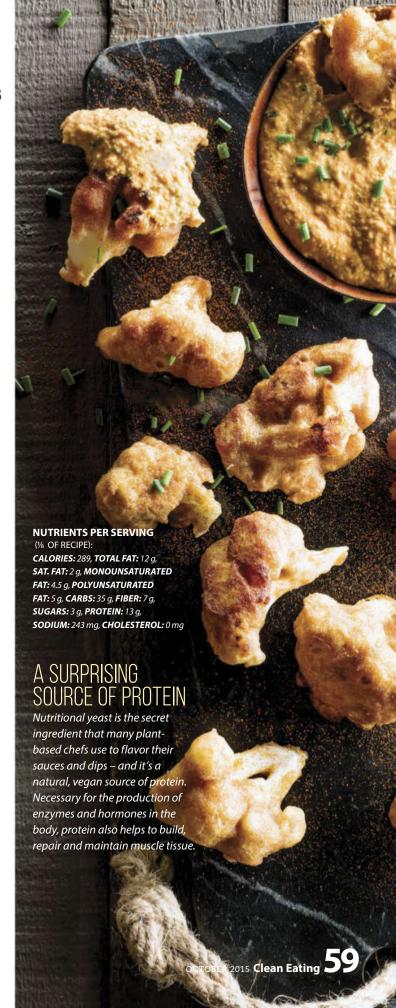
TWO: In a large stockpot on medium-high, add broth, vinegar and tamari. Bring to a boil and add cauliflower; cook for 4 to 5 minutes, just until fork-tender, being careful not to overcook. Drain and transfer to a bowl. Set aside.

THREE: In a large bowl, combine flour, garlic and onion powder (if using), and 1/8 tsp salt. Working one floret at a time, dredge in flour mixture and place on 1 prepared sheet.

FOUR: Slowly whisk lager into the remaining flour mixture in bowl. If needed, add additional lager until batter has a light, runny consistency. Working one at a time, dip cauliflower florets into batter, coating completely. Remove, allowing excess batter to run off, and return florets to same sheet.

FIVE: In a large skillet on medium-high, heat 2 tsp oil. Add one-third of cauliflower. Sear for 6 minutes, turning halfway, until light golden. Transfer to second prepared sheet. Repeat with remaining oil and cauliflower. Bake 8 to 10 minutes, until browned and crisp. Sprinkle with paprika and additional salt.

SIX: Meanwhile, in a food processor, process all sauce ingredients except for chives until smooth. Stir in chives.





Caramelized Fennel, Sweet Potato & Pine Nut-Cheese Pizza

SERVES 8.

HANDS-ON TIME: 45 MINUTES. **TOTAL TIME:** 55 MINUTES (PLUS OVERNIGHT SOAKING TIME).

An ooey-gooey pizza without cheese? You bet! Our creamy cheese made from blended pine nuts, garlic and dill adds serious flavor and texture to this whole-grain pizza with roasted sweet potato and balsamic-glazed fennel.

INGREDIENTS:

- 1 sweet potato, peeled and cut into 1/8-inch-thick slices
- 2 tsp grape seed oil, divided
- 1 bulb fennel, thinly sliced
- 1 tbsp balsamic vinegar
- 14- to 16-oz whole-grain pizza dough, rolled out to 15 to 17 inches in diameter (Try our 3-ingredient spelt crust at cleaneating.com)
- 2 tsp pure maple syrup
- ½ cup fresh basil leaves, whole or chopped

NUT CHEESE

- 1 cup unsalted pine nuts, soaked overnight and drained
- 1 tbsp minced red onion
- 2 tsp apple cider vinegar
- 1 tsp extra-virgin olive oil
- 1 clove garlic, peeled
- 1/8 tsp sea salt
- 1 tbsp fresh dill, finely chopped

INSTRUCTIONS:

ONE: Prepare nut cheese: To a food processor, add all

nut cheese ingredients except dill. Add 3 tbsp water and process until completely smooth, about 5 minutes. Transfer to a small bowl and stir in dill. Cover and refrigerate until needed.

TWO: Preheat oven to 375°F. In a large bowl, toss potatoes with ½ tsp oil. Spread on a large parchment-lined baking sheet and bake for 25 to 30 minutes, turning halfway, until fork-tender.

THREE: In a large skillet on medium-high, heat ½ tsp oil. Add fennel and sauté until golden brown, about 12 minutes. Stir, reduce heat to low and cook for 12 minutes more, or until brown. Stir in vinegar and set aside.

FOUR: Increase oven temperature to 500°F. Place pizza crust on a second large parchment-lined baking sheet or a pizza tray and brush with remaining 1 tsp oil. Spread half of nut cheese over crust. Evenly distribute fennel and top with sweet potato. Add dollops of remaining cheese all over pizza and drizzle with maple syrup. Bake until bottom of crust is slightly browned and crisp, about 10 minutes, depending on thickness of crust and type of dough used. Sprinkle with basil.

NUTRIENTS PER SERVING

(% OF PIZZA):

CALORIES: 264, TOTAL FAT: 14 g, **SAT. FAT:** 1 g, MONOUNSATURATED FAT: 4 g, POLYUNSATURATED **FAT:** 7 g, **CARBS:** 31 g, **FIBER:** 4 g, SUGARS: 5 g, PROTEIN: 7.5 g, SODIUM: 83 mg, CHOLESTEROL: 0 mg

Spiced Edamame Falafel Wraps

WITH PAPAYA CHUTNEY

SERVES 8. **HANDS-ON TIME:** 30 MINUTES. **TOTAL TIME:** 50 MINUTES.

We've swapped out chickpeas for edamame in this twist on typical falafel. Served with a homemade sweet and sour papaya chutney and creamy yogurt, this is a full meal in a wrap. For a kick of heat, try a quick spicy tahini sauce instead of yogurt - simply whiz up tahini paste, water, lemon zest and juice, and a red chile in a food processor and you've got another element to add to these wraps!

INGREDIENTS:

- 1 tbsp ground flaxseeds
- 1 tbsp grape seed oil, divided
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tsp each ground cumin, coriander and turmeric (TRY: Simply Organic **Ground Turmeric Root)**
- 4 cups edamame, shelled and cooked
- 1/3 cup fresh flat-leaf parsley, finely chopped
- 1/2 tsp sea salt
- 2 large beets, grated
- 2 large carrots, grated
- 1/2 cup plain coconut or regular yogurt
- 8 6-inch whole-grain pitas (TIP: For a lower-carb meal, substitute 8 large collard green leaves for the pitas.)

PAPAYA CHUTNEY

- 1 tsp grape seed oil
- 3 cloves garlic, minced
- 1 jalapeño chile pepper, seeded and minced

- 1 tsp ground coriander
- 1 small papaya, cut into 1/4-inch cubes (about 3 cups)
- Juice and zest of 1 lime
- 1 tbsp apple cider vinegar
- 1 tbsp peeled and minced fresh ginger
- 1 tbsp pure maple syrup
- 1/8 tsp sea salt

INSTRUCTIONS:

ONE: Prepare chutney: In a medium saucepan on medium, heat 1 tsp oil. Add 3 cloves garlic, jalapeño and coriander and sauté until fragrant, about 1 minute. Add remaining chutney ingredients except for the salt, and stir. Bring to boil, reduce heat and simmer for 20 minutes, stirring occasionally. When the chutney has reduced by one-third and has thickened. remove from heat and stir in 1/8 tsp salt. Chutney can be served warm, at room temperature or chilled.

TWO: Meanwhile, in a small bowl, combine flaxseeds and 2 tbsp water. Set aside for at least 10 minutes.

THREE: In a small skillet on medium, heat 1 tsp oil. Add onions and sauté until translucent, about 4 minutes. Add 2 cloves garlic, cumin, coriander and turmeric and

sauté until fragrant, about 1 minute. Set aside.

FOUR: To a food processor, add edamame, parsley and ½ tsp salt and process until thoroughly combined but only to a coarse, mealy texture. To a large bowl, add edamame mixture along with onion-spice mixture and flaxseeds. Using your hands, thoroughly combine. Using a 1-tbsp measure, form mixture into small balls and arrange on a large parchment-lined baking sheet, making about 32 balls in total.

FIVE: In a large skillet on medium, heat ½ tsp oil. Add 8 balls. Using your spatula, flatten each ball slightly, cover and cook for about 2 minutes, or until golden brown. Flip, cover and cook for another 2 minutes on the other side. Repeat with remaining oil and balls.

SIX: Divide falafels, beet and carrot, yogurt and papaya chutney among pitas.

NUTRIENTS PER SERVING

(1 WRAP)

CALORIES: 371, TOTAL FAT: 10 g, SAT. FAT: 2 g, **MONOUNSATURATED FAT: 2 g,** POLYUNSATURATED FAT: 4 q, CARBS: 60 g, FIBER: 12 g, SUGARS: 13 q, PROTEIN: 16 q, SODIUM: 484 mg, CHOLESTEROL: 0 mg @







obody ever wants to hear those three terrifying words: "You have cancer." And yet, the American Cancer Society reports that slightly less than one in two men and slightly more than one in three women will develop cancer in their lifetime. Additionally, the American Institute for Cancer Research (AICR) reports that cancer is one of the most feared diseases, and most people feel there is nothing they can do to help prevent it. But the reality is that one-third of the most common cancers can be prevented through diet and lifestyle choices such as exercise, according to AICR.

It is estimated that only 5 to 10% of all cancers are related to genetic defects. A genetic defect is an anomaly in a person's DNA (think of the BRCA mutation that increases risk of breast and ovarian cancers, brought into the public eye by Angelina Jolie's case); a family predisposition, on the other hand, implies an increased risk, but not to the same degree as a defective gene. That means that the majority of cancers are not linked to genetic abnormalities, and are linked to other factors such as smoking, our environment, poor diet, physical inactivity and obesity. The good news is that simple changes can significantly reduce cancer risk. For example, the National Cancer Institute reports that exercising 30 to 60 minutes a day can reduce the risk of developing colon cancer by 30 to 40%.

What's more, research suggests that even genetic predisposition to cancer can be influenced through diet and lifestyle. Pioneering genomics researcher Craig Venter, PhD, emphasizes that you have more control over your health than you may believe. "Genes are absolutely not our fate," he says. "They can give us useful information about the increased risk of a disease, but in most cases they will not determine the actual cause of the disease, or the actual incidence of somebody getting it."

Diet is one of the most profound ways you can reduce your risk of developing cancer, according to

Lise Alschuler, ND, FABNO, co-creator of the Five to Thrive cancer prevention plan. Alschuler, along with many other cancer experts, recommends the Mediterranean diet to her patients as the best way to reduce cancer risk.

Eating the Mediterranean Way

Countless studies have confirmed the cancer-protective effects of the Mediterranean diet. A recent one, published in the May 2015 issue of the British Journal of Cancer found that women who ate a Mediterranean diet reduced their risk of developing uterine cancer by 57%.

Hallmarks of the Mediterranean diet are fruits, vegetables, whole grains, nuts, spices and olive oil. This diet also includes yogurt and red wine in moderation. As for protein, the emphasis is on fish, cheese, eggs and poultry, with red meat eaten only a few times per month.

Why is the Mediterranean diet so effective at reducing cancer risk (and many other diseases)? "The Mediterranean diet consists of whole, minimally processed foods brimming with health-protective elements, such as antioxidants, antiinflammatory compounds, fiber, healthy fats and beneficial bacteria," says Conner Middelmann-Whitney, nutrition expert, chef and author.

Another key benefit of the Mediterranean diet comes from its wide array of colors. Hundreds of studies

Karolyn Gazella has been writing and publishing integrative health information since 1992. She is the co-creator of the Five to Thrive cancer prevention plan and the publisher of Natural Medicine Journal.



have shown that people who eat more colorful fruits and vegetables are less likely to get cancer. Researchers have identified more than 25,000 different phytonutrients in plant-based foods.

Best of all, the Mediterranean diet is delicious, inexpensive and convenient.

"Mediterranean cuisine is about flavors, freshness and improvisation rather than formalized recipes and culinary techniques," says Middelmann-Whitney. "Unlike so many modern fad diets, this diet is also time-tested as people living around the Mediterranean Sea have been eating this way for around 5,000 years."

Meat or No Meat?

While the Mediterranean diet is not vegetarian, it does focus largely on fruits, vegetables and whole grains. This may be another key to its success the AICR, the World Cancer Research Fund International and most other cancer organizations recommend a plant-based diet with limited red meat.

"Consumption of greater than 18 ounces of red meat per week has been linked to increased colon cancer risk," says Jessica Iannotta, MS, RD, CSO, CDN, chief operating officer of Meals to Heal. "The key is to consume two-thirds or more of your plate as plant foods so the animal protein then becomes a side portion."

While many studies indicate that vegetarians have a lower risk of several cancers, it seems that including fish in your diet may provide an added protective benefit. A 2015 study in JAMA Internal Medicine demonstrated that pesco-vegetarians who consume fish on a regular basis have lower rates of developing colon cancer than vegetarians, vegans or meat eaters.

But experts don't necessarily recommend cutting out lean meats entirely. "I do not recommend that my patients become vegetarian or vegan," said Donald Abrams, MD, a cancer and integrative medicine specialist at the University of California, San Francisco Osher Center for Integrative Medicine, "Processed meats should be avoided entirely, but I do recommend limited amounts of lean red meat."

Alschuler agrees. "The type of meat is important, and not all red meat is bad," she explains. In fact, studies demonstrate that lean, grass-fed beef is actually a source of healthful essential fatty acids. Furthermore, Alschuler explains that farm-raised fish, especially salmon, can be high in toxic chemicals such as antibiotics. "I always emphasize that my patients should choose organic meat and wild-caught fish whenever possible," she says. She also says that chicken is another protein source to choose carefully. Non-organic chicken is notorious for containing antibiotics, hormones and even traces of arsenic.

Living the Anticancer Lifestyle

Exercising, managing stress and getting enough sleep can all reduce cancer risk. Perhaps most importantly, if you smoke, you should quit. Smoking is a leading and direct cause of a variety of cancers - not just lung.

The simple step of sitting less can significantly reduce cancer risk. A 2014 study demonstrated that each twohour-per-day increase in sitting time was linked to an increase in the risk of developing some cancers. That study led to headlines declaring that sitting is the new smoking, and several studies since then have drawn the same conclusion.

One of the reasons movement is so important is that it helps maintain normal body weight. According to the AICR, obesity is now directly linked to increased risk of nine different cancers including common cancers such as prostate, breast and colon. This is problematic considering that on average more than 35% of American adults are obese and another 30% are overweight.

Leading cancer organizations recommend at least 30 minutes of exercise five or more days a week. "Sprinkling 30 minutes of activity throughout the day is just as beneficial as doing it all at once," says Matt Mumber, MD, radiation oncologist and co-author of Sustainable Wellness (New Page Books, 2012). "Every little bit of exercise, even those short bouts, really does add up."

"The consistent piece of advice I give to all of my patients is to exercise," says Tina Kaczor, ND, FABNO, a naturopathic oncologist in Eugene, Oregon, and the editor-inchief of Natural Medicine Journal. "Exercise improves mood, enhances sleep, decreases fatigue and reduces not just cancer mortality, but overall mortality. I advise my patients to rekindle their love of activity and adopt something that is fun to do and then do it regularly."

The next lifestyle factor to address is stress management. It is likely impossible to remove all stress from your life, but fortunately, you don't need to do that to reduce cancer risk. "While we cannot often control the amount of stress we are under, we can control how we react to it, and we can support our bodies during stressful times," says Alschuler.

How do you do this? "Focus on the things that bring joy to your life," recommends Mumber. Taking nature walks, reading, journaling, meditating and many other practices can help you

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"Diet is one of the most profound ways you can reduce your risk for developing cancer."



How You Cook

Focusing on what you eat is important, but it's equally important to be mindful about the cooking process. Here are some tips that can help you create a more healthy and enjoyable mealtime experience:

- Spice it up! Marinate foods with spices, herbs and olive oil not only to enhance flavor, but also to boost the health-promoting aspects of the food. In addition, if you are grilling, the marinade will help protect the food from the harmful heterocyclic amines (HCAs) that can form during the grilling process. Creating a spice rub is another way of protecting meats from the chemicals produced during grilling. Spices that are particularly health promoting include garlic, turmeric, rosemary and oregano.
- · Don't char meat. Meat that is cooked well-done will contain more HCAs than medium-rare meat. In addition, grill smoke or pan frying produces polycyclic aromatic hydrocarbons (PAHs), which can be toxic. The longer meat cooks, the more HCAs and PAHs it is exposed to.
- Variety is key. "My anticancer diet mantra is 'diversity'," says Middelmann-Whitney. "In a study published in Breast Cancer Research and Treatment featuring women who carry the breast ovarian cancer gene mutation, the women who ate 23 different types of vegetables and fruits each week had a 73% lower risk of breast cancer than the women who had the lowest level of dietary variety."
- Use EVOO. Your main oil should be extra-virgin olive oil, but be sure to keep it below its smoke point - cook with it on medium or low heat.



relax and get more joy out of life. The key is to find what resonates with you and then make time – even if it's just a few minutes a day – to incorporate that activity into your routine.

Adequate rest is another key to reducing cancer risk. Numerous studies have illustrated the dangers of lack of sleep. Inadequate sleep is linked to reduced immunity, increased insulin resistance, poor digestion, hormonal imbalance, increased inflammation and weight gain. The reason this list is so long - and dangerous - is that your body systems are very active while you are sleeping. Researchers have discovered that while you sleep, brain cells shrink by 60% so that waste materials can be more easily removed from the brain. In addition, a full night's sleep helps balance appetite hormones. When you don't get enough

"If you think of health as a threelegged stool, the three legs would be diet, movement and mental health."

sleep, your body produces more ghrelin, a hormone that stimulates appetite. That's one connection between lack of sleep and obesity.

But while sleep is essential, sleeping pills are not the way to get it. A 2012 study demonstrated that even minimal use (just under 18 pills a year) of prescription sleeping medication was associated with a 3.6-fold increase in

cancer risk compared to those who took none. Most natural health experts focus on dietary supplements such as L-theanine, magnolia, magnesium, melatonin and others before resorting to prescription sleep aids.

Get Supplemental Insurance

Dietary supplements are just that: supplements to a healthy diet. "In no way should dietary supplements ever take the place of eating a plant-based, whole-food diet," says Kaczor. "That said, there are some foundational dietary supplements that have been scientifically shown to reduce cancer risk."

One supplement that Kaczor and many other practitioners focus on is vitamin D because vitamin D deficiency is linked to many cancers, including breast and colon. "Optimal vitamin D levels and dosage are being hotly debated," says Kaczor. "In my opinion, 40 to 60 ng/ml will help reduce risk of developing cancer."

A simple blood test can determine vitamin D levels and ensure that those levels are maintained. "The dose of vitamin D supplement is dependent on the results of the blood test," says Kaczor.

Many studies have shown that omega-3 essential fatty acids can

help reduce certain types of cancer risk. Omega-3 fatty acids are called "essential" because your cells need a certain amount to function properly and yet your body

cannot manufacture them. Instead, you must consume them in your diet through fish, nuts and seeds.

But when it comes to omega-3 supplements in the form of fish oil, quality is key. "Omega-3 fatty acid supplements are only safe and effective if they are from a source guaranteeing that there are no contaminants and the oils are not rancid," says Kaczor,

who emphasizes that it may be worth spending a little more on this type of supplement. How do you know if a supplement is high quality? Smell it – it should never smell off or rancid. And to be sure about levels of environmental contaminants, you can contact the manufacturer to ask for documentation regarding environmental testing results (for more information on the optimal fish oil dosage, see page 44). For those looking for a fish-free alternative, she says that flax oil and flaxseeds are also great sources of omega-3s.

In order to support immunity and reduce inflammation, Alschuler also focuses on probiotics; polyphenols, such as green tea, curcumin and resveratrol; and antioxidants like glutathione and coenzyme Q10.

"If you think of health as a threelegged stool, the three legs would be diet, movement and mental health," says Alschuler, "and the seat on top of those legs would be dietary supplements."

Building Your Prevention Plan

Research clearly shows that cancer is not inevitable. You can dramatically and positively influence health on a deep level through diet, lifestyle and supplements. And even if you are delivered the three words, "You have cancer," you can still look for ways to be a healthy person with cancer. If you or a loved one is diagnosed with cancer, we suggest seeking help from an integrative health care provider who can help you sort through your diet and supplement options.

"Most of cancer care focuses on what doctors do to you – surgery, radiation, chemotherapy," says Mumber, who feels that just as much attention should be placed on reducing risk. "But what you do for yourself is equally important in preventing this disease."

YOUR ULTIMATE Cancer-Preventing RECIPE GUIDE

Now it's time to put all that theory into practice – our six unique recipes employ all the cancer-prevention strategies we've just discussed. They're packed with cancer-busting produce and antioxidant-rich spices, and they use only extra-virgin olive oil at low to medium temperatures. Remember, always look for wild-caught seafood and organic chicken whenever possible.

Zucca Spaghetti with Walnut Ginger Pesto & Lemon Shrimp

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 50 MINUTES.

Walnut pesto with pungent ginger and fragrant fresh basil is the hero that brings this dish together. Walnuts have the highest concentration of antioxidants among nuts, while also containing essential fatty acids, so keep them on hand and snack on them often! In this dish, spaghetti squash is a carotenoid-rich stand-in for pasta, while protein-packed shrimp is among the seafood picks with the least amount of mercury.

INGREDIENTS:

- 1 4-lb spaghetti squash, halved lengthwise
- 2 packed cups fresh basil leaves, plus 2 tbsp chopped basil for garnish
- ½ cup toasted unsalted walnuts (2 oz)
- 1-inch piece fresh ginger, peeled and roughly chopped
- 1/2 tsp sea salt, divided
- 6 tbsp extra-virgin olive oil, divided
- 3 cloves garlic, chopped

- 1 tsp ground black pepper, divided
- 1 lb large shrimp, peeled and deveined
- Zest and juice of 1 lemon

INSTRUCTIONS:

ONE: Preheat oven to 400°F. Place squash cut side down in a large baking dish. Add enough water to cover bottom of dish in a thin layer. Cover with foil and bake until flesh is tender when pierced with a fork, 30 to 40 minutes. Transfer to a work surface

and use a fork to scrape out flesh in spaghetti-like strands; add to a large bowl.

TWO: Meanwhile, prepare pesto: In a food processor, combine basil leaves, walnuts, ginger and 1/8 tsp salt. Pulse until finely chopped, scraping down sides of bowl as needed. With processor running, slowly pour in 1/4 cup oil through the feed tube. Scrape down sides of bowl; run processor again and slowly pour 1/4 cup water through the feed tube. (NOTE: If you prefer a thinner texture, add more water, 1 tbsp at a time.)

THREE: In a large skillet on medium, heat 1 tbsp oil.
Add garlic and cook, stirring frequently, until fragrant,
1 minute. Add squash,
½ tsp salt and ½ tsp pepper

and cook, stirring gently, until heated through, 3 to 4 minutes. Divide among 4 plates. Top each plate of squash evenly with pesto. Wipe out skillet.

FOUR: In same skillet on medium, heat remaining 1 tbsp oil on medium. Season shrimp with remaining ¼ tsp salt and ½ tsp pepper. Add to skillet and cook, turning once or twice, until lightly browned and opaque in the center, about 4 minutes. Top plates evenly with shrimp. Drizzle lemon juice over top and garnish with lemon zest and chopped basil.

NUTRIENTS PER SERVING (1 CUP SQUASH, ¼ OF SHRIMP AND PESTO):

CALORIES: 484, TOTAL FAT: 33 g, SAT. FAT: 4 g, MONOUNSATURATED FAT: 18 g, POLYUNSATURATED FAT: 10 g, CARBS: 10 g, FIBER: 7 g, SUGARS: 10 g, PROTEIN: 26 g, SODIUM: 415 mg, CHOLESTEROL: 26 mg



Hail Kale Chicken Caesar with Creamy Chive Dressing

SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 40 MINUTES.

Our robust kale salad with seasoned poached chicken uses yogurt as the base for its creamy dressing, adding beneficial bacteria to every bite. We suggest looking for organic, grass-fed yogurt options. Anchovy fillets are optional here, but highly recommended – they contain omega-3 fatty acids, while being low in mercury and other toxins because they are a small fish.

INGREDIENTS:

- 3 lemons (NOTE: Slice 1 and juice the remaining 2 to yield about ¼ cup), divided
- 3 sprigs each fresh thyme and rosemary
- ½ white onion, peeled and cut in half
- 1½ lb boneless, skinless chicken breasts
- 1½ cups plain yogurt
- · 2 tbsp extra-virgin olive oil
- 4 anchovy fillets (jar-packed in olive oil), finely chopped, optional

- 2 tbsp chopped fresh chives, divided
- 1 tsp onion powder
- 1¼ lb Lacinato kale (aka Tuscan or dinosaur kale), stems and thick ribs discarded, cut into thin ribbons
- 2 cups grape tomatoes, halved
- 1/2 tsp ground black pepper
- 1/4 tsp sea salt
- ¾ cup unsalted walnuts, toasted and chopped into large pieces (3 oz)

INSTRUCTIONS:

ONE: To a large saucepan, add sliced lemon, herb sprigs, onion and 4 to 5 inches of water (enough to cover chicken by about 1 inch). Cover and bring to a boil. Add chicken. As soon as water starts bubbling, reduce heat to medium to maintain a slow simmer, Simmer, uncovered, until chicken is no longer pink in thickest part and temperature registers 165°F on an instant-read thermometer, 10 to 14 minutes, turning chicken halfway through. Transfer chicken to a cutting board to cool. (NOTE: Chicken may be cooked up to 2 days ahead. Cool and refrigerate in an airtight container. Chicken may be served warm, cold or at room temperature.)

TWO: To a large bowl, add yogurt, lemon juice, oil, anchovies (if using), 1 tbsp chives and onion powder; stir to combine. Add kale, tomatoes, pepper and salt. Toss well to combine.

THREE: When chicken is cool enough to handle, slice against the grain. Divide salad among 4 plates. Top each plate evenly with chicken, walnuts and remaining 1 tbsp chives.

NUTRIENTS PER SERVING (2 CUPS SALAD AND 1 CUP CHICKEN):

CALORIES: 353, TOTAL FAT: 19 g,
SAT. FAT: 4 g, MONOUNSATURATED
FAT: 6 g, POLYUNSATURATED
FAT: 8 g, CARBS: 16 g,
FIBER: 4 g, SUGARS: 5 g,
PROTEIN: 33 g, SODIUM: 203 mg,
CHOLESTEROL: 75 mg



THE BEST AND WORST FOODS

FOR CANCER PREVENTION

Steer clear of these foods to minimize your risk:

Deep-fried foods. When meat or potatoes are deepfried, the high heat creates acrylamides. Animal studies have linked acrylamide exposure to several types of cancer.

Cured, processed and smoked meats. To keep foods from spoiling, they are often cured with nitrates and nitrites, which are associated with an increased cancer risk.

Non-organic meat and dairy. Meat and dairy from animals given antibiotics and other growthstimulating hormones can be harmful as it can disrupt hormonal balance and increase risk of hormone-dependent cancers such as breast, ovarian and prostate.

Soda and refined sugars. Soda contains high-fructose corn syrup, artificial coloring and chemicals that have been linked to increased cancer risk. Refined sugars found in foods such as candy are extremely detrimental to health as they can cause obesity, inflammation and reduced immunity.

Farmed fish. Farmed fish such as salmon are typically fed antibiotics and other chemicals and live in crowded, unhealthy conditions. These chemicals are linked to increased cancer risk.

Incorporate these powerful cancer fighters into your diet liberally:

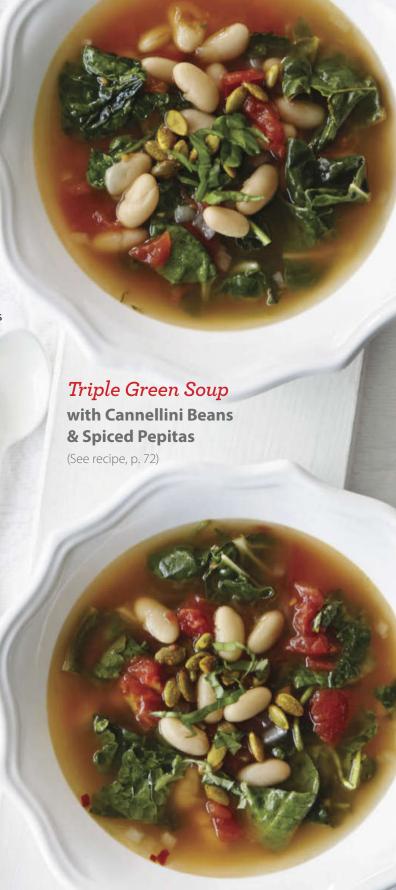
Organic berries. Berries are packed with potent cancer-fighting compounds called polyphenols.

Cruciferous vegetables (such as broccoli, kale, cabbage). Cruciferous veggies contain a powerful compound called sulforaphane that has been shown to enhance detoxification of the liver and can actually kill cancer cells.

Nuts and seeds. Nuts and seeds are a great source of protein, vitamins, minerals and essential fatty acids. They also contain phytosterols, which have been proven to reduce cancer risk.

Spices. Anticancer spices like oregano, ginger, rosemary, garlic and turmeric contain potent polyphenols that have been shown to reduce inflammation and enhance immunity.

Whole grains. Whole grains contain fiber, vitamins, minerals and health-promoting phytochemicals that have been shown to reduce cancer risk.





Power-Spiced Chicken in Collard Green Wraps

with Jicama Slaw

SERVES 4. **HANDS-ON TIME:** 45 MINUTES. **TOTAL TIME:** 45 MINUTES (PLUS MARINATING TIME).

In this recipe, we use a potent blend of herbs and spices – rosemary, oregano, ground ginger and turmeric – to marinate the chicken, both to bring in added antioxidants to the dish as well as to protect the chicken from any damage from the cooking process (although we cook on medium to minimize the effects as well!). Remember to opt for organic chicken whenever possible.

INGREDIENTS:

- 3 tbsp extra-virgin olive oil, divided
- · 1 tbsp rice vinegar
- 3 cloves garlic, chopped
- 1 tbsp each chopped fresh rosemary and oregano
- 1½ tsp each ground ginger and turmeric
- 45-oz boneless, skinless chicken breasts, pounded ¼ to ½ inch thick
- ½ tsp sea salt, divided
- 1½ cups plain yogurt (TRY: Traderspoint Creamery Plain Whole Milk Yogurt)
- 5 to 6 scallions, sliced
- 4 to 6 limes, juiced (about 7 tbsp)
- · 2 tbsp raw honey
- · 2 small carrots, shredded
- 1 small jicama, shredded
- 1 small zucchini, shredded
- 12 leaves of collard greens, thick ribs removed

INSTRUCTIONS:

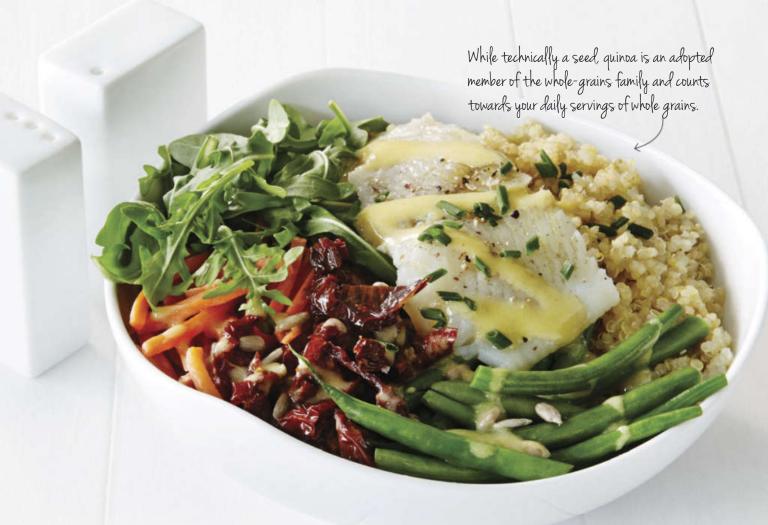
ONE: To a small bowl, combine 2 tbsp oil, vinegar, garlic, rosemary, oregano, ginger and turmeric. In a shallow baking dish, arrange chicken and pour spice mixture over top. Rub spices all over chicken and cover dish. Refrigerate for at least 2 hours, or as long as 24 hours.

TWO: Preheat oven to 200°F. In a large skillet on medium, heat 1½ tsp oil. Season chicken with ¼ tsp salt. To skillet, add 2 chicken breasts and cook until golden brown and opaque in the center, 6 to 9 minutes per side. Transfer to a large baking sheet and keep warm in the oven. Repeat with remaining 1½ tsp oil and chicken.

THREE: In a medium bowl, stir together yogurt, scallions, lime juice and honey. To a large bowl, add carrots, jicama, zucchini and remaining 1/4 tsp salt; stir to combine. Just before serving, add about 34 cup of yogurt mixture to vegetable mixture and toss to combine. Slice chicken. Divide collard greens among 4 plates, then top each green with chicken and slaw. Wrap collard greens around chicken and slaw and serve with remaining yogurt mixture as a dipping sauce.

NUTRIENTS PER SERVING (3 COLLARD WRAPS):

CALORIES: 410, TOTAL FAT: 17 g,
SAT. FAT: 4 g, MONOUNSATURATED
FAT: 10 g, POLYUNSATURATED
FAT: 2 g, CARBS: 30 g,
FIBER: 7 g, SUGARS: 18 g,
PROTEIN: 35 g, SODIUM: 393 mg,
CHOLESTEROL: 89 mg



Quinoa Veggie Bowls with Sautéed **Sole & Lemon Chive Vinaigrette**

SERVES 4. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 40 MINUTES.

Swapping out refined grains for whole grains such as quinoa not only can help to prevent against weight gain, but it can also go a long way in helping to prevent cancer. Here, guinoa is topped with gorgeous arugula, carrots, green beans and wild-caught fillet of sole for a meal that's packed with flavor and nutrients.

INGREDIENTS:

- 1/2 cup quinoa, rinsed
- · 8 oz green beans
- · 6 tbsp extra-virgin olive oil, divided
- · Zest of 1 lemon, plus 1/4 cup juice (from about 2 lemons)
- 2 tsp chopped fresh chives
- 1 tsp Dijon mustard
- 1 tsp raw honey
- 1/4 tsp plus 1/8 tsp sea salt, divided
- 3½ packed cups arugula

- 11/3 cups matchstick-cut carrots
- 1/3 cup sliced sun-dried tomatoes
- 1/4 cup unsalted sunflower
- · 4 6-oz wild-caught skinless fillets of sole
- 1/2 tsp ground black pepper

INSTRUCTIONS:

ONE: Cook quinoa according to package directions.

TWO: Bring a large pot of water to a boil. Add beans and cover pot. When water returns to a boil, reduce heat to medium-high and simmer until beans are crisp-tender. 2 to 3 minutes. Drain in a colander, then immediately add beans to ice water. Let cool for 3 to 5 minutes and drain. Cut beans in half crosswise.

THREE: In a medium bowl, whisk together 1/4 cup oil, lemon zest and juice, chives, mustard, honey and 1/8 tsp salt. In a large bowl, combine quinoa, green beans, arugula, carrots and tomatoes. Add about threequarters of the dressing and toss well. Divide among 4 bowls and sprinkle with sunflower seeds.

FOUR: Preheat oven to 200°F. In a large skillet on medium, heat 1 tbsp oil. Season sole with remaining 1/4 tsp salt and pepper. Add 2 of the fillets to skillet and cook until lightly browned and opaque in thickest part, 2 to 3 minutes per side. Transfer to a large rimmed baking sheet and keep warm in oven. Repeat with remaining 1 tbsp oil and 2 fillets. Top each quinoa bowl with a fillet and drizzle with remaining vinaigrette.

NUTRIENTS PER SERVING (1½ CUPS VEGETABLE-QUINOA MIXTURE AND 1 FILLET):

CALORIES: 451, TOTAL FAT: 27 g, SAT. FAT: 4 g, MONOUNSATURATED FAT: 16 g, POLYUNSATURATED FAT: 5 q, CARBS: 30 q, FIBER: 6 q, SUGARS: 8 g, PROTEIN: 26 g, SODIUM: 689 mg, CHOLESTEROL: 66 mg

Mega Glow Grain Salad with Orange Balsamic Vinaigrette

SERVES 4.
HANDS-ON TIME: 30 MINUTES.

HANDS-ON TIME: 30 MINUTES TOTAL TIME: 1 HOUR.

A rainbow of vegetables – butternut squash, Brussels sprouts and radicchio – makes this whole-grain bowl a powerful medley of fiber and antioxidants. We use ground turmeric to add flavor and anti-inflammatory properties to the roasted squash. Turmeric is being studied for its ability to prevent or slow the spread of cancer, so we suggest keeping it handy in your cupboard and using it liberally.

INGREDIENTS:

- 3/3 cup sorghum, rinsed (TRY: Bob's Red Mill Whole Grain Sorghum)
- 1¼ lb butternut squash, peeled, seeded and cut into ½-inch pieces (about 3 cups)
- · 6 tbsp extra-virgin olive oil, divided
- 1 tsp ground black pepper, divided
- 3/4 tsp sea salt, divided
- ½ tsp ground turmeric
- 12 oz Brussels sprouts (10 to 12 sprouts), trimmed and sliced thin or shredded
- · 2 cloves garlic, finely chopped
- · 2 tbsp balsamic vinegar
- · 2 tbsp fresh orange juice
- 1 tsp pure maple syrup
- 1 head radicchio, trimmed and roughly chopped
- 6 tbsp chopped unsalted pecans, toasted (1½ oz)

INSTRUCTIONS:

ONE: Arrange a rack in lower third of oven; preheat to 325°F. Bring a medium pot of water to a boil. Add sorghum. When water returns to a boil, reduce heat to medium and simmer, uncovered, until tender, 50 to 55 minutes; drain.

TWO: Line a large rimmed baking sheet with parchment paper. Add

squash, 1 tbsp oil, ½ tsp pepper, ¼ tsp salt and turmeric; toss well to coat. Roast until squash is tender, stirring 3 or 4 times during cooking, 40 to 50 minutes.

THREE: In a large skillet on medium, heat 1 tbsp olive oil. Add Brussels sprouts and ¼ tsp each pepper and salt and cook, stirring occasionally, until sprouts are crisp-tender, 6 to 8 minutes. During the last minute of cooking, add garlic and stir it around the skillet with sprouts until just fragrant. Remove from heat.

FOUR: In a medium bowl, whisk remaining ¼ cup oil, vinegar, orange juice, maple syrup, remaining ¼ tsp each pepper and salt, until combined. To a large bowl, add radicchio, sorghum, squash, Brussels sprouts, vinaigrette and pecans. Toss well to combine.

NUTRIENTS PER SERVING (11/2 CUPS):

CALORIES: 465, TOTAL FAT: 30 g,
SAT. FAT: 4 g, MONOUNSATURATED FAT: 21 g,
POLYUNSATURATED FAT: 5 g, CARBS: 48 g,
FIBER: 10 g, SUGARS: 8 g, PROTEIN: 9 g,
SODIUM: 393 mg, CHOLESTEROL: 0 mg

Triple Green Soup with Cannellini Beans & Spiced Pepitas

SERVES 4. **HANDS-ON TIME:** 30 MINUTES. **TOTAL TIME:** 30 MINUTES.

We've packed this soup with a triplepunch of greens – kale, Swiss chard and spinach. These greens contain antioxidants that help fight against oxidative stress and may help in the prevention of cancer. We've also added a finishing touch of pepitas (also known as pumpkin seeds), toasted with aromatic turmeric and ginger.

INGREDIENTS:

- 3 tbsp extra-virgin olive oil, divided
- · 1 small yellow onion, chopped
- · 2 cloves garlic, chopped
- ½ tsp red pepper flakes, optional

- · 4 cups low-sodium vegetable broth
- 2 cups jarred, boxed or BPA-freecanned unsalted chopped tomatoes
- 4 oz Lacinato kale (aka Tuscan or dinosaur kale), stems and ribs discarded, chopped (about 2 packed cups)
- 4 oz Swiss chard, stems and ribs discarded, chopped (about 2 packed cups)
- 3 oz spinach leaves (about 3 packed cups)
- 1 15-oz BPA-free can unsalted cannellini beans, drained and rinsed
- ¼ cup unsalted pepitas (aka pumpkin seeds)
- ½ tsp each ground turmeric and ginger
- · 2 tbsp chopped fresh basil

INSTRUCTIONS:

ONE: In a large saucepan on medium, heat 1 tbsp oil. Add onion and cook, stirring occasionally, until translucent, about 5 minutes. Add garlic and pepper flakes (if using). Stir until fragrant, about 1 minute. Add broth, 1 cup water and tomatoes. Cover, then increase heat to medium-high and bring to a simmer.

TWO: Add kale and simmer, covered, 3 minutes. Add chard and continue simmering, covered, until greens are tender, 3 minutes more. Add spinach and beans; cover and simmer until heated through, 1 to 2 minutes.

THREE: Meanwhile, in a medium skillet on medium, heat 2 tsp oil. Add pepitas, turmeric and ginger. Toss well to combine and cook until spices are fragrant and pepitas are toasted, stirring occasionally, 4 to 6 minutes. Divide soup among 4 bowls and top with pepitas and basil. Drizzle 1 tsp of remaining oil over each bowl.

NUTRIENTS PER SERVING

(2 CUPS SOUP AND 1 TBSP PEPITAS)

CALORIES: 282, TOTAL FAT: 15 g, SAT.

FAT: 2 g, MONOUNSATURATED FAT: 9 g,

POLYUNSATURATED FAT: 2 g, CARBS: 28 g,

FIBER: 10 g, SUGARS: 8 g, PROTEIN: 10 g,

SODIUM: 244 mg, CHOLESTEROL: 0 mg





WEEK ONE

SHOPPING LIST: WEEK 1

NOTE: Clean Eating shopping lists include all the items you'll need to prepare 70 meals for one adult (with leftovers). At the end of Week Two, freeze any unused items for future use.

PROTEINS & DAIRY

- ☐ 1 dozen eggs
- ☐ 1 qt plain unsweetened almond milk
- □ 1 qt whole milk
- ☐ 1 8-oz container plain Greek yogurt
- ☐ 1 8-oz stick unsalted organic butter
- □ 10 oz grated mozzarella cheese
- ☐ 1 oz grated Parmesan cheese
- ☐ 4 oz goat cheese
- ☐ 4 oz feta cheese
- □ 1½ lb ground turkey breast
- ☐ 1 lb large shrimp, peeled and deveined

VEGGIES & FRUITS

- □ 5 bananas (freeze 2)
- □ 1 bag frozen mango chunks
- □ 3 limes
- □ 2 lemons
- □ 1 red apple
- ☐ 3 green apples
- □ 4 oranges
- □ 1 leek
- \square 2 pints grape tomatoes
- □ 1 large head garlic
- □ 5 cucumbers
- □ 1 4-lb spaghetti squash
- ☐ 24 oz carrots
- ☐ 1 head celery
- □ 2 tomatoes□ 20 oz baby spinach
- ☐ 9 oz mixed greens
- □ 11 oz kale
- □ 1 sweet potato
- □ 1 yellow bell pepper
- □ 1 bunch fresh mint
- 1 bunch fresh parsley2 bunches fresh basil
- ☐ 1 bunch fresh sage
- ☐ 4 to 5 parsnips
- ☐ 1 bunch cilantro
- □ 2 avocados
- ☐ 4 1-inch pieces ginger root
- ☐ 1 small red onion
- □ 1 bunch radishes

WHOLE GRAINS

- □ 1 bag all-natural popcorn
- 1 box whole-grain crackers (TRY: Crunchmaster 7 Ancient Grains Crackers)
- ☐ 12 whole-wheat no-boil lasagna noodles
- □ 1 pkg tri-color quinoa
- $\hfill 1$ bag white whole-wheat flour

 2 loaves bread (TRY: One Degree Organic Foods Veganic Sprouted Lentil Grain Bread)

NUTS, SEEDS & OILS

- ☐ 1 jar natural unsalted peanut butter (**TRY:** Crazy Richard's 100% Natural Creamy Peanut Butter)
- □ 1 bottle avocado oil
- □ 1 bottle grape seed oil
- ☐ 1 bottle extra-virgin olive oil
- □ 1 jar coconut oil
- $\ \square$ 2 oz toasted unsalted walnuts
- ☐ 1 bag almond flour (**TRY:** King Arthur Almond Flour)
- ☐ 1 bag hemp seeds (aka hemp hearts)
- \square 1 bag ground flaxseeds
- ☐ 1 bag pepitas (**TRY:** Navitas Naturals Chia Rosemary Pepitas)

EXTRAS

- ☐ 1 15-oz BPA-free can chickpeas
- □ 1 15-oz BPA-free can black beans
- 1 10-oz jar all-natural raspberry jam (TRY: Crofter's Organic Raspberry Premium Spread)
- ☐ 1 jar Dijon mustard
- ☐ 1 bottle red pepper flakes
- \square 1 bottle dried thyme
- ☐ 1 container low-sodium vegetable broth
- □ 1 BPA-free can pumpkin purée
- ☐ 1 bottle reduced-sodium tamari
- □ 1 3-oz pouch tuna (**TRY:** Wild Planet Wild Albacore Tuna)
- ☐ 1 container hummus
- □ 1 bottle apple cider vinegar
- □ 1 bottle pure vanilla extract
- ☐ 1 bottle pure almond extract

- ☐ 1 box baking soda
- ☐ 1 bag unsweetened shredded
- ☐ 1 bag unsweetened sliced
- □ 1 bottle ground black pepper
- □ 1 bottle sea salt
- □ 1 bottle ground nutmeg
- \square 1 bottle ground cinnamon
- □ 1 bottle ground cumin
- □ 1 bottle smoked paprika
- ☐ 1 bottle pure maple syrup
- □ 1 bag raw unsweetened cacao powder
- ☐ 1 package pitted Medjool dates
- ☐ 1 10-oz bag frozen sliced beets (TRY: Stahlbush Island Farms Sliced Beets)

ACV = apple cider vinegar

meal plan: week 1

MONDAY

BREAKFAST:

Mango Smoothie: Blend ½ frozen banana, ¼ cup mango, 1 cup spinach, 1 tbsp hemp seeds, 1 date and 1 cup almond milk

SNACK

2 tbsp hummus with 2 carrots, sliced, and 2 radishes, sliced

1 oz pepitas

LUNCH:

Double-Protein Salad:

Top 2 cups spinach with 1 hardboiled egg, sliced, ½ cup chickpeas, ¼ cup chopped cucumber, 1 tomato, sliced, and 1 tbsp chopped red onion; dress with 1 tsp avocado oil, 2 tsp ACV and pinch each salt and pepper

SNACK:

2 Almond Raspberry Thumbprint Cookies (see recipe, p. 75; save leftovers)

1 orange

DINNER

1 serving Pumpkin Turkey Lasagna with Spinach & Béchamel Sauce (see recipe, p. 78; save leftovers) Tomato & Bread Salad *

TUESDAY BREAKFAST:

PB&J with Banana: 2 slices bread, toasted, with 2 tbsp peanut butter, 2 tbsp raspberry jam and 1 banana, sliced

SNACK:

2 tbsp hummus with 2 celery stalks and 2 radishes, sliced

1 oz pepitas

LUNCH:

1 serving Root Vegetable–Baked Quinoa with Kale & Goat Cheese (see recipe, p. 79; save leftovers) Roast ½ cup sliced beets with ½ tbsp avocado oil and pinch each salt and pepper

SNACK:

4 cups popcorn

DINNER

Zucco Spaghetti with Walnut Ginger Pesto & Lemon Shrimp (see recipe, p. 67)

1 orange

WEDNESDAY BREAKFAST:

Yogurt Parfait: 1 cup yogurt topped with 1 banana, sliced, and 1 tbsp raspberry jam

SNACK:

2 tbsp hummus with 2 celery stalks and 2 radishes, sliced 15 crackers

LUNCH:

Tuna Salad: Toss 2 cups mixed greens with 3 oz tuna, ¼ cup each chopped carrot and chopped celery; dress with 1 tbsp each avocado oil and ACV and pinch each salt and pepper

SNACK:

2 Almond Raspberry Thumbprint Cookies (leftovers, p. 75, thawed) 1 orange

DINNER:

1 serving Root Vegetable–Baked Quinoa with Kale & Goat Cheese (leftovers, p. 79)

Garlicky Kale: Sauté 1 cup kale in 1 tbsp avocado oil with 1 clove garlic, minced, with pinch each salt and pepper

TOTAL NUTRIENTS:

CALORIES: 1,778, FAT: 91 g, SAT. FAT: 30 g, CARBS: 174 g, FIBER: 41 g, SUGARS: 73 g, PROTEIN: 82 g, SODIUM: 1,997 mg, CHOLESTEROL: 283 mg

TOTAL NUTRIENTS:

CALORIES: 1,722, FAT: 86.5 g, SAT. FAT: 14 g,
CARBS: 185 g, FIBER: 38 g, SUGARS: 62 g,
PROTEIN: 72 g, SODIUM: 1,348 mg,
CHOLESTEROL: 179 mq

TOTAL NUTRIENTS:

CALORIES: 1,743, FAT: 106 g, SAT. FAT: 41 g, CARBS: 138 g, FIBER: 25 g, SUGARS: 50 g, PROTEIN: 69 g, SODIUM: 1,445 mg, CHOLESTEROL: 83 mg

* Tomato & Bread Salad: Toss 1 tomato, chopped, with 1 slice bread, lightly toasted and cubed, and 2 tbsp chopped basil; dress with 1 tsp avocado oil, 2 tsp ACV and pinch each salt and pepper

NOTE: If following our Meal Plan, freeze 10 cookies in airtight containers; thaw when called for.

Almond Raspberry Thumbprint Cookies

MAKES 12 COOKIES. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 35 MINUTES.

INGREDIENTS:

- 11/2 cups almond flour
- 1/2 cup unsweetened shredded coconut
- 1/4 cup ground flaxseeds
- 1 tsp baking soda
- 1/4 tsp sea salt
- 1/4 cup coconut oil, melted
- 1/4 cup pure maple syrup
- 1 tsp pure vanilla extract
- ½ tsp pure almond extract
- 6 tbsp all-natural raspberry jam

INSTRUCTIONS:

ONE: Preheat oven to 350°F. In a large bowl, combine flour, coconut, flaxseeds, baking soda and salt.

TWO: To dry mixture, stir in oil, maple syrup, vanilla and almond extract.

THREE: Scoop dough onto a large rimmed parchmentlined baking sheet in 2-tbsp mounds, about ½ inch apart, making about 12 cookies. With your knuckle, press a

dent into the middle of each. Fill each dent with jam, being careful not to overflow, about ½ tbsp per cookie. Bake for 18 to 20 minutes, until golden brown. Set aside to cool on sheet.

NUTRIENTS PER SERVING

(2 COOKIES): CALORIES: 186. TOTAL FAT: 15 q, SAT. FAT: 6.5 q, **MONOUNSATURATED FAT:** 5 q, **POLYUNSATURATED** FAT: 2.5 q, CARBS: 12 q, FIBER: 3 q,

SUGARS: 8 q, PROTEIN: 4 q,

SODIUM: 149 mg, CHOLESTEROL: 0 mg



THURSDAY

BREAKFAST:

Eggs 'n' Greens: Toss 2 cups mixed greens with 1 tbsp each avocado oil and ACV and pinch each salt and pepper; top with 2 eggs, scrambled in 1 tsp avocado oil

SNACK:

Green Mojito Juice (see recipe, p. 77; save leftovers)

LUNCH:

Pumpkin Turkey Lasagna with Spinach & Béchamel Sauce (leftovers, p. 78)

Cucumber Salad: ½ cup sliced cucumber with 1 tbsp each avocado oil and ACV and pinch each salt and pepper

1 apple, sliced, with 2 tbsp peanut butter

DINNER:

Super-Stuffed Sweet Potato:

1 sweet potato, baked and split, stuffed with ½ cup chopped yellow bell pepper, 1/2 cup black beans, ½ avocado, chopped, 2 tbsp chopped cilantro and pinch each salt and pepper

BREAKFAST:

Cacao Cinnamon Smoothie: Blend 1 frozen banana, 3 tbsp hemp seeds, 2 tbsp cacao powder, 1 tsp cinnamon, 1 date and 1 cup almond milk

SNACK:

2 tbsp hummus and 2 celery stalks 15 crackers

LUNCH:

2 hard-boiled eggs

Avocado Cucumber Salad:

½ avocado, sliced, and ½ cucumber, sliced; dress with 1 tbsp each avocado oil and ACV and pinch each salt and pepper

SNACK:

Green Mojito Juice (leftovers, p. 77)

1 serving Root Vegetable–Baked Quinoa with Kale & Goat Cheese (leftovers, p. 79)

Roast ½ cup sliced beets with ½ tbsp avocado oil and pinch each salt and pepper

SATURDAY **BREAKFAST:**

PB&J with Banana: 2 slices bread, toasted, with 2 tbsp peanut butter, 2 tsp raspberry jam and 1/2 banana, sliced

Green Mojito Juice (leftovers, p. 77)

LUNCH:

Pumpkin Turkey Lasagna with Spinach & Béchamel Sauce (leftovers, p. 78, thawed)

Cucumber Salad: ½ cup sliced cucumber with 1 tsp avocado oil, 2 tsp ACV and pinch each salt and pepper

2 tbsp hummus with 2 carrots, sliced

Veggie BLT with Coconut Bacon, Caramelized Leeks & Roasted Tomato (see recipe, p. 58)

BREAKFAST:

The Popeye: Toss 2 cups spinach with 1 tsp avocado oil, 2 tsp ACV and pinch each salt and pepper; top with 2 eggs, scrambled in 1/2 tsp avocado oil

SNACK:

2 Almond Raspberry Thumbprint Cookies (leftovers, thawed) 1 orange

LUNCH:

1 serving Root Vegetable-Baked Quinoa with Kale & Goat Cheese (leftovers, p. 79, thawed)

Carrot Pepita Toss: Roast ½ cup chopped carrots with 1 tsp avocado oil and 1/8 tsp cumin; sprinkle with ½ oz pepitas and pinch each salt and pepper

SNACK:

2 cups popcorn

DINNER:

Pumpkin Turkey Lasagna with Spinach & Béchamel Sauce (leftovers, p. 78, thawed)

2 cups mixed greens topped with 1 oz feta; dress with 1 tsp avocado oil, 2 tsp ACV and pinch each salt and pepper

TOTAL NUTRIENTS:

CALORIES: 1,681, FAT: 92 g, SAT. FAT: 20 g, CARBS: 154 q, FIBER: 34.5 q, SUGARS: 55 q, PROTEIN: 70 g, SODIUM: 1,110 mg, CHOLESTEROL: 469 mg

TOTAL NUTRIENTS:

CALORIES: 1,534, FAT: 83 g, SAT. FAT: 18 g, CARBS: 154 q, FIBER: 30 q, SUGARS: 53.5 q, PROTEIN: 51 g, SODIUM: 1,192 mg, CHOLESTEROL: 394 mg

TOTAL NUTRIENTS:

CALORIES: 1,591, FAT: 73 g, SAT. FAT: 22 g, CARBS: 182 q, FIBER: 32 q, SUGARS: 63 q, PROTEIN: 63 g, SODIUM: 1,607 mg, CHOLESTEROL: 97 mg

TOTAL NUTRIENTS:

CALORIES: 1,750, FAT: 100 g, SAT. FAT: 38 g, CARBS: 141 q, FIBER: 32 q, SUGARS: 46 q, **PROTEIN:** 84 g, **SODIUM:** 2,133 mg, CHOLESTEROL: 515 mg

WEEK TWO

SHOPPING LIST: WEEK 2

NOTE: Clean Eating shopping lists include all the items you'll need to prepare adult (with leftovers). At the end of Week Two, freeze any unused items for future use.

PROTEINS & DAIRY

- □ 1 gt plain unsweetened almond milk
- □ 1/2 dozen eggs
- ☐ 4 5-oz skinless cod fillets
- ☐ 1 16-oz container plain Greek yogurt

VEGGIES & FRUITS

- □ 5 bananas (freeze 2)
- □ 3 limes
- □ 1 red apple
- ☐ 3 green apples
- □ 5 oranges
- ☐ 4 cucumbers
- □ 19 oz carrots
- □ 3 small red chiles
- □ 1 head celery
- 5 tomatoes
- 6 oz baby spinach
- 8 oz mushrooms
- 1 red bell pepper
- 3 oz sugar snap peas
- 9 oz mixed greens
- 6 oz kale
- 2 avocados

□ 6 oz arugula

- □ 1 bunch radishes
- ☐ 1 bunch fresh mint
- ☐ 2 bunches fresh parsley
- □ 1 bunch green onions
- ☐ 3 inches ginger root
- ☐ 2 small red onions

EXTRAS

- ☐ 3 15-oz BPA-free cans chickpeas
- ☐ 1 container hummus
- □ 1 bag green lentils
- □ 1 jar green pimento-stuffed
- □ 1 bottle red wine vinegar
- □ 1 bottle rice vinegar
- □ 1 bag tapioca starch

WHOLE GRAINS

□ 1 bag millet

NUTS, SEEDS & OILS

- □ 1 bottle olive oil
- ☐ 1 bottle sesame oil
- □ 2½ oz unsalted almonds
- □ 1 bag sesame seeds

ACV = apple cider vinegar



meal plan: week 2

MONDAY

BREAKFAST:

Green Smoothie: Blend 1 frozen banana, ½ cup mango, ½ cup spinach, 1 tbsp hemp seeds, 1 date and 1 cup almond milk

2 tbsp hummus with 2 carrots, sliced 15 crackers

LUNCH:

Chickpea Salad: Toss together ½ cup each chickpeas, chopped cucumber and chopped tomato, 2 tbsp chopped red onion and 1 oz feta cheese; dress with 1 tsp avocado oil, 2 tsp ACV and pinch each salt and pepper

SNACK:

2 Almond Raspberry Thumbprint Cookies (leftovers, p. 75, thawed)

DINNER:

1 serving Root Vegetable-Baked Quinoa with Kale & Goat Cheese (leftovers, p. 79, thawed) Roast ½ cup sliced beets with

½ tbsp avocado oil and pinch each salt and pepper

TUESDAY

BREAKFAST:

Eggs 'n' Greens: Toss 2 cups mixed greens with 1 tbsp each avocado oil and ACV and pinch each salt and pepper; top with 2 eggs, scrambled in 1 tsp avocado oil

SNACK:

Green Mojito Juice (see recipe, p. 77, save leftovers)

LUNCH:

Tomato Avocado Sandwich:

2 slices bread, toasted, with 2 tbsp hummus, 3 slices tomato, 1/2 avocado, sliced, and 8 slices cucumber, 2 tbsp hemp seeds and pinch each salt and pepper

SNACK:

1 apple, sliced, with 2 tbsp peanut butter

Pumpkin Turkey Lasagna with Spinach & Béchamel Sauce (leftovers, p. 78, thawed)

2 cups kale massaged with 1 tbsp each avocado oil and ACV and pinch each salt and pepper

WEDNESDAY

BREAKFAST:

Yogurt Parfait: 1 cup yogurt topped with 1 banana, sliced, and 1 tbsp raspberry jam

1 hard-boiled egg ½ cup radishes, sliced ½ avocado with pinch each salt and pepper

1 serving Root Vegetable–Baked Ouinoa with Kale & Goat Cheese (leftovers, p. 79, thawed)

Carrot Pepita Toss: Roast ½ cup chopped carrots with 1 tbsp avocado oil and 1/8 tsp cumin; sprinkle with 1 oz pepitas and pinch each salt and pepper

SNACK:

Green Mojito Juice (leftovers, p. 77)

Almond-Crusted Cod with Green Olive Salsa (see recipe, p. 52)

1 orange

TOTAL NUTRIENTS:

CALORIES: 1,613, FAT: 74 q, SAT. FAT: 25 q, CARBS: 204 g, FIBER: 39 g, SUGARS: 87 g, PROTEIN: 48 a. SODIUM: 1.650 ma. CHOLESTEROL: 46 mg

TOTAL NUTRIENTS:

CALORIES: 1,758, FAT: 104.5 q, SAT. FAT: 21 q, CARBS: 138 g, FIBER: 29 g, SUGARS: 52 g, PROTEIN: 77 a. SODIUM: 1,459 ma. CHOLESTEROL: 469 mg

TOTAL NUTRIENTS:

CALORIES: 1,698, FAT: 100 q, SAT. FAT: 33 q, CARBS: 133 g, FIBER: 28 g, SUGARS: 54 g, PROTEIN: 79.5 a. SODIUM: 1.315 ma. CHOLESTEROL: 301 mg

Green Mojito Juice

MAKES 3 TO 4 CUPS. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 10 MINUTES.

INGREDIENTS:

- 3 limes, peel removed
- 3 cucumbers, trimmed
- 3 green apples, cut into chunks
- · 3-inch piece fresh ginger
- 1 small bunch mint
- 1 small bunch parsley

INSTRUCTIONS:

Using a juicer, process all ingredients into juice.

NUTRIENTS PER SERVING

CALORIES: 85, TOTAL FAT: 1 q, SAT. FAT: 0 q, CARBS: 20 q, FIBER: 1 q, SUGARS: 15 q, PROTEIN: 1 q, SODIUM: 20 mg, CHOLESTEROL: 0 mg

NOTE: Our Meal Plan uses this juice in Week One and Week Two, making a fresh batch for each week. For both weeks, store leftovers in airtight glass jars and keep in the fridge.



THURSDAY

BREAKFAST:

PB&J with Banana: 2 slices bread, toasted, with 2 tbsp peanut butter, 2 tbsp raspberry jam and 1 banana, sliced

SNACK:

Green Mojito Juice (leftovers)

LUNCH:

Fried Egg 'n' Spinach Salad:

Toss 2 cups spinach, 1 tomato, sliced, 1 tbsp chopped red onion with 1 tbsp each avocado oil and ACV and pinch each salt and pepper; top with 1 egg, fried in 1 tsp avocado oil, and 1 oz of feta cheese

2 tbsp hummus with 2 carrots, sliced. and 2 radishes, sliced

1 oz pepitas

DINNER:

Pumpkin Turkey Lasagna with Spinach & Béchamel Sauce (leftovers, p. 78, thawed) 2 cups mixed greens; dress with 1 tbsp each avocado oil and ACV and

pinch each salt and pepper

FRIDAY

BREAKFAST:

Cacao Cinnamon Smoothie:

Blend 1 frozen banana, 1 tbsp hemp seeds, 2 tbsp cacao powder, 1 tsp cinnamon, 1 date and 1 cup almond milk

SNACK:

2 tbsp hummus with 2 celery stalks 15 crackers

Spinach Feta Omelette: 2 egg omelette with 1 cup spinach, 1 oz feta and pinch each salt and pepper cooked in 1 tsp avocado oil 1 tomato, sliced

2 Almond Raspberry Thumbprint Cookies (leftovers, p. 75, thawed) 1 orange

DINNER:

1 serving Root Vegetable–Baked Quinoa with Kale & Goat Cheese (leftovers, p. 79, thawed)

Roast ½ cup sliced beets with ½ tbsp avocado oil and pinch each salt and pepper

SATURDAY BREAKFAST:

Avocado Hummus Sandwich:

2 slices bread, toasted, with 2 tbsp hummus, 1/2 avocado, sliced, 8 slices cucumber, 2 radishes, sliced, and pinch each salt and pepper

SNACK:

2 Almond Raspberry Thumbprint Cookies (leftovers, p. 75, thawed) 1 orange

LUNCH:

Pumpkin Turkey Lasagna with Spinach & Béchamel Sauce (leftovers, p. 78, thawed) 2 cups kale massaged with 1 tsp avocado oil, 2 tsp ACV and pinch each salt and pepper

SNACK:

2 cups popcorn

DINNER:

Kung Pao Chickpea Stir-Fry over Sesame-Fried Millet (see recipe, p. 57)

SUNDAY

BREAKFAST:

Yogurt Parfait: 1 cup yogurt topped with 1/2 banana, sliced, and 1 tbsp raspberry jam

2 tbsp hummus with 2 carrots, sliced, and 2 celery stalks

1 oz pepitas

LUNCH:

Pumpkin Turkey Lasagna with Spinach & Béchamel Sauce (leftovers, p. 78, thawed) 2 cups mixed greens; dress with

1 tsp avocado oil, 2 tsp ACV and pinch each salt and pepper

SNACK:

1 hard-boiled egg 1 orange

1 serving Root Vegetable-Baked Quinoa with Kale & Goat Cheese (leftovers, p. 79, thawed)

Tomato & Bread Salad: Toss 1 tomato, chopped, with 1 piece bread, lightly toasted and cubed, and 1 tbsp chopped basil; dress with 1 tsp avocado oil, 2 tsp ACV and pinch each salt and pepper

TOTAL NUTRIENTS:

CALORIES: 1,768, FAT: 97 g, SAT. FAT: 24 g, CARBS: 158 g, FIBER: 30 g, SUGARS: 63 g, **PROTEIN:** 77 a. **SODIUM:** 1,768 ma. CHOLESTEROL: 308 mg

TOTAL NUTRIENTS:

CALORIES: 1,605, FAT: 85 g, SAT. FAT: 31 g, CARBS: 167 g, FIBER: 34 g, SUGARS: 67 g, PROTEIN: 55 a. SODIUM: 1,791 ma. CHOLESTEROL: 418 mg

TOTAL NUTRIENTS:

CALORIES: 1,758, FAT: 89 q, SAT. FAT: 28 q, CARBS: 182 g, FIBER: 41.5 g, SUGARS: 52 g, PROTEIN: 73 a. SODIUM: 1,966 ma. CHOLESTEROL: 97 mg

TOTAL NUTRIENTS:

CALORIES: 1,716, FAT: 87 g, SAT. FAT: 39 g, CARBS: 154 g, FIBER: 30 g, SUGARS: 57.5 g, **PROTEIN:** 88 q, **SODIUM:** 1,718 mg, CHOLESTEROL: 344 mg



Pumpkin Turkey Lasagna

WITH SPINACH & **BÉCHAMEL SAUCE**

SERVES 8. **HANDS-ON TIME:** 40 MINUTES. TOTAL TIME: 1 HOUR, 15 MINUTES (PLUS COOLING TIME).

INGREDIENTS:

- 11/2 lb ground turkey breast
- 3/4 tsp sea salt, divided
- ½ tsp ground black pepper, divided
- 1/4 tsp red pepper flakes, optional
- 5 tbsp unsalted organic butter, divided
- 2 cloves garlic, finely chopped
- 12 oz baby spinach
- 2½ cups pumpkin purée (not pumpkin pie filling)
- · 4 tsp chopped fresh sage
- 6 tbsp white whole-wheat flour

- 4 cups whole milk
- 1/4 tsp ground nutmeg
- 12 whole-wheat no-boil lasagna noodles
- 5 oz grated mozzarella cheese
- 1 oz grated Parmesan cheese

INSTRUCTIONS:

ONE: Preheat oven to 400°F and mist a 9 x 13-inch baking dish with cooking spray.

TWO: Mist a large skillet with cooking spray and heat on medium-high. Add turkey, 1/4 tsp each salt and black pepper, and pepper flakes (if using). Cook, stirring and crumbling turkey with a spatula, until no longer pink, 5 to 8 minutes. Transfer to a medium bowl and set aside.

THREE: Using same skillet, reduce heat to medium and melt 1 tbsp butter. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add spinach and cook, stirring occasionally, until leaves are wilted and any liquid released is completely evaporated, 4 to 5 minutes. Transfer to a cutting board. Let cool then roughly chop.

FOUR: Mist same skillet with cooking spray and heat on medium. Add pumpkin, 1/4 tsp salt and remaining 1/4 tsp black pepper. Cook, stirring frequently, until excess water evaporates and pumpkin thickens slightly, about 5 minutes. Transfer to a medium bowl and stir in sage; set aside.

FIVE: In a large saucepan, melt remaining ¼ cup butter on medium. When butter begins to foam, add flour and stir until slightly toasted, about 2 minutes. Slowly

pour milk into pan while you whisk. Increase heat to high and bring to a steady simmer, whisking frequently. Reduce heat to medium and simmer until slightly thickened, 2 to 3 minutes. Whisk in nutmeg and remaining 1/4 tsp salt. Remove from heat.

SIX: Spread one-third of the sauce (about 11/3 cups) in prepared baking dish. Top with 4 noodles, half of pumpkin, half of turkey, half of spinach and 2 oz mozzarella. Repeat layers, starting with sauce and ending with mozzarella. Top with remaining 4 noodles, remaining onethird of sauce, remaining 1 oz mozzarella and Parmesan. Cover with nonstick foil. Bake in center of oven until sauce is bubbling and cheese is melted, about 30 minutes. Remove foil and switch to broil on high. With lasagna still in center of oven, broil until cheese is lightly browned, 4 to 5 minutes. Cool on a wire rack for 15 minutes.

NUTRIENTS PER SERVING

(% OF LASAGNA):

CALORIES: 459, TOTAL FAT: 19 g, SAT. FAT: 10 g, MONOUNSATURATED FAT: 5 q, POLYUNSATURATED **FAT:** 2 g, **CARBS:** 38 g, FIBER: 6 g, SUGARS: 9 g, PROTEIN: 34 g, SODIUM: 543 mg, CHOLESTEROL: 97 mg

NOTE: If following our Meal Plan, refrigerate 1 serving and freeze 6 slices in an airtight container; when called for, defrost each slice then bake, covered, in a 375°F oven until heated through, 15 to 25 minutes.

Root Vegetable-Baked Ouinoa

WITH KALE & GOAT CHEESE

SERVES 8. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

INGREDIENTS:

- · 4 carrots, peeled and sliced
- 4 to 5 parsnips, peeled and sliced
- 1 tbsp olive oil
- 1/2 tsp dried thyme
- ½ tsp ground black pepper, divided
- 1/4 tsp sea salt
- 2 cups low-sodium vegetable broth
- 11/2 cups tri-color quinoa
- 8 oz curly kale, ribs discarded, leaves chopped (5 packed cups)
- Zest of 1 small lemon
- 5 oz grated mozzarella cheese
- 4 oz goat cheese, crumbled
- 2 tbsp chopped basil

INSTRUCTIONS:

ONE: Preheat oven to 425°F. Line a large rimmed baking sheet with foil and mist with cooking spray. To a large bowl, add carrots, parsnips, oil, thyme, ¼ tsp pepper and salt. Stir to coat vegetables evenly and spread on baking sheet. Bake for 15 minutes, then toss with a spatula and continue baking until golden brown and tender, about 10 minutes more. Reduce oven temperature to 350°F.

TWO: Meanwhile, in a large saucepan, bring broth and 1½ cups water to a boil. Stir

in quinoa, cover and return to boil. Add kale to pan on top of quinoa (don't stir it up). Cover and reduce heat to medium low. Simmer until quinoa and kale are tender and most of liquid has absorbed, 15 to 18 minutes. (Keep pan covered for the first 10 minutes of cooking, then stir once or twice to ensure quinoa cooks evenly.)

THREE: To a large bowl (use the same bowl from step one), add quinoa mixture, vegetables, lemon zest, mozzarella and remaining ¼ tsp black pepper; stir gently. Mist a 9 x 13-inch baking dish with cooking spray and add quinoa mixture. Crumble goat cheese evenly over top. Bake at 350°F until goat cheese is heated

through, 12 to 14 minutes. Let rest for 5 minutes. Sprinkle with basil.

NUTRIENTS PER SERVING

(11/4 CUPS):

CALORIES: 273, TOTAL FAT: 11 g,
SAT. FAT: 5 g, MONOUNSATURATED
FAT: 4 g, POLYUNSATURATED
FAT: 2 g, CARBS: 32 g, FIBER: 6 g,
SUGARS: 4 g, PROTEIN: 13 g,
SODIUM: 305 mg,
CHOLESTEROL: 21 mg



HELP YOU AGE BETTER?

CE's veteran supplement sleuth Sarah Tuff Dunn explores the promised health benefits of algae.

TURNING 40? THAT WAS A PIECE OF CAKE (A SMALL PIECE, MIND YOU). BUT SIX MONTHS AFTER TURNING 42, I BEGAN FEELING A BIT MIDDLE-AGED. Despite years of clean eating, plenty of exercise and a relatively stress-free life in Vermont, I was blindsided by an energy-draining winter of frigid temperatures, little sunlight, relationship woes and three rounds of lice in our household, coupled with lingering issues from a leg injury.

In short, I felt broken, physically and mentally. And in the search for a fix, I traveled to Hawaii, where I stumbled upon some of the slimiest stuff on the planet: algae.

But not just any algae: microalgae with major benefits. A panel of experts promised me that the spirulina I was about to touch, taste and try for the next several weeks was the best-kept secret in the supplement industry. A second microalgae-based supplement, astaxanthin, may be the world's strongest antioxidant, studies show.

Still, as someone who prefers chewing food over popping pills, I was skeptical as the slides clicked through the research on spirulina. Per gram, it contains 2800% more beta-carotene than carrots, 3900% more iron than spinach, 600% more protein than tofu and 280% more antioxidant potency than blueberries. Too good to be true, right?

So, too, seemed the claims on astaxanthin, with more than 500 scientific studies showing positive benefits from the microalgae antioxidant. From preventing joint soreness after exercise and providing anti-inflammatory protection in the central nervous system, eyes and brain to acting as an oral sunscreen and improving skin elasticity, the research was as bright as a Hawaiian rainbow and perhaps just as hard to really grasp.

In my suffering from inflammation, fatigue and depression, I decided to swallow my skepticism – along with three spirulina pills and one small capsule containing astaxanthin. Studies have shown that the effects of spirulina can be felt right away, and blame it on the placebo effect, but I did soon feel a sense of balanced energy within hours – no need for another cup of coffee.

The astaxanthin, on the other hand, takes several weeks for its benefits to take hold. So in April and May, I diligently took one pill per day



A SECOND MICROALGAE-BASED SUPPLEMENT, ASTAXANTHIN, MAY BE THE WORLD'S STRONGEST ANTIOXIDANT.

along with my dose of spirulina. I also experimented with spirulina powder in brownies - a huge hit among the elementary kids I coach in a running group (although my own children weren't quite ready).

Today, exactly two months after that trip to Hawaii, I'm a different person. I have more energy and a happier outlook, and I don't feel as sore after

workouts. Plus, if I forget my sunscreen (it happens), I can get away without getting a sunburn.

Yes, the return of longer, brighter days has helped, and I've backed off my training and resolved other stressors. But I'm also convinced that spirulina and astaxanthin had something to do with making me feel younger. Forty-three? Bring it on.



GROONMACHIND

ALGAE-BASED BIOPRODUCTS AND THE BODY

BRAIN | Astaxanthin is a "red" carotenoid (as found in wild salmon), shown to boost brain activity and protect brain cells from damage. Spirulina, meanwhile, may increase the number of new neurons that survive while protecting your brain against the inflammation associated with neurodegenerative diseases.

EYES | While protecting eyes from light-induced damage, astaxanthin also improves visual acuity and reduces eye strain and fatigue, as shown in clinical studies.

HEART | Blue-green algae species such as spirulina may help protect against cardiovascular disease because of their ability to lower blood lipids. fight free radicals and exert antiinflammatory actions in the body, according to a number of studies.

JOINTS | In a University of Memphis clinical study, those who took astaxanthin after heavy exercise experienced no joint pain, as compared to the placebo group.

KIDNEY AND LIVER | Spirulina has been shown to prevent damage of these organs, according to a study published in *Lipids in Health* and Disease.

SKIN | A study published in *Acta* Biochimica Polonica showed that both men and women experienced an improvement in crow's-feet wrinkles and skin elasticity after taking 6 milligrams daily of astaxanthin. Other studies have shown that it helps protect the skin from sunburn.

OVERALL ENERGY In an Ohio State University study, those who took 3 grams of spirulina a day experienced better physical and mental performance.

HOW MUCH?

THE DAILY DOSAGE OF HAWAIIAN **SPIRULINA AND ASTAXANTHIN**

SPIRULINA | 3 grams daily **ASTAXANTHIN** | 4 to 6 milligrams daily @

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\$165 and \$395. thewoodenpalate.com

FRESH FINDS

State-of-the-art culinary gear to elevate the nutritious, healing benefits of your

BY LAURA SCHOBER



◀ KEEP HYDRATED

The Aqua Drop Carafe with Cork Lid adds a visually stunning, elegant look to the dinner table. Made of mouth-blown glass, its design is inspired by the breathtaking beauty of the world's seas, lakes and oceans for a gorgeous container you'll want to have out when company's over.

\$30, burkedecor.com

PREPPY PRESERVES V

Keep your homemade condiments fresh for serving with these Kilner Glass Twist Top Jars, which range in size from 1.5 ounces to 24 ounces. These dishwasher-safe jars make for easy cleanup and are made of 30% recycled glass.

\$3 to \$7, bedbathandbeyond.com



CHEMISTRY CLASS A

Made of borosilicate glass, the Medamade Oil Dispenser in the shape of a beaker holds dressings and oils for use in salads, dips and more.

\$42, momastore.org

COPPER BOWL

The beautifully rustic Hammered Copper-Plated Bowl lends itself to appetizers, heart- and brainhealthy nuts and snacks, or as a centerpiece. It's also available in a silver-plated finish.

\$13, surlatable.com



THINK

■ INTUITIVE COFFEE

Get your morning cup of antioxidant-rich joe up to speed with the OXO On Barista Brain 9-Cup Coffee Maker. This sleek appliance features a microprocessor that keeps track of temperature, time and volume all the way through plus the option to program your brew-start time up to 24 hours ahead.

\$200, oxo.com



ALL-IN-ONE UTENSIL

Stylus, a food-safe beechwood spoon and

\$5, umbra.com



The siliconeporcelain Wayne Teal Teapot serves all your healthpromoting teas in style while adding a touch of modern Victorian charm.

\$25, cb2.com

SWEET SPATULAS

These limited edition Williams-Sonoma No-Kid-Hungry spatulas are designed by notable celebrities and culinary personalities including David Chang, Danica Patrick and Stephanie Izard. Available in a variety of fun designs, these are sure to bring a smile to your face every time you use them.

\$13, williams-sonoma.com

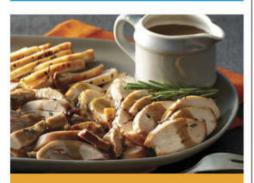
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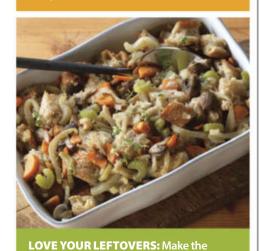




BOWLS OF COMFORT: Three-step chilies and stews to warm your winter bones.



HOLIDAYS SOLVED: Prepare a spectacular holiday feast to remember, plus take your pick from our inspired veggie side dishes and infused potatoes to complement the main menu.



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Eat clean to protect your health with this issue's stunning selection of nutrient-heavy recipes.

→ FOR THE LOVE OF WHOLE GRAINS



598Calories

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↑ THE MOST PERFECT PAIR



Hail Kale Chicken Caesar with Creamy Chive Dressing, **p. 68**Caramelized Fennel, Sweet Potato & Pine Nut–Cheese Pizza, **p. 60**

VORACIOUS VEGAN APPETIZERS

WEND.

Triple Green Soup with Cannellini Beans & Spiced Pepitas, **p. 72** Beer-Battered Cauliflower Bites with Jalapeño Cheddar-Style Dipping Sauce, **p. 59**

PRODUCE-PACKED LUNCH

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Green Mojito Juice, **p. 77**Spiced Edamame Falafel Wraps with Papaya Chutney, **p. 61**

84

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Benefits

Three high-powered superfoods – ginger, cacao and goji berries – infuse this decadent chocolate bar with serious anti-inflammatory and antioxidant benefits.



SUPERFOOD CHOCOLATE BAR

MAKES 3 2-OZ BARS. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES (PLUS CHILLING TIME).

INGREDIENTS:

- 1-inch piece ginger, peeled, thinly sliced and then slivered
- 1 tbsp roughly chopped orange zest (TIP: Use a peeler or zester to remove only the outer peel then chop the zest.)
- 1 tbsp raw honey
- ½ cup (3 oz) roughly chopped cocoa butter (NOTE: It usually comes in large nuggets that should be chopped before measuring.)
- ½ cup raw unsweetened cacao powder
- 3 tbsp coconut sugar (TRY: Wholesome! Organic Coconut Palm Sugar)
- 2 tbsp goji berries, roughly chopped

EQUIPMENT:

 3 2-oz chocolate bar molds (TIP: Molds are fairly inexpensive and can be purchased at specialty baking shops or online retailers.)

INSTRUCTIONS:

ONE: Line a baking sheet with parchment paper. In a small saucepan, combine ginger, orange zest and 1 cup water. Bring to a boil, reduce heat to mediumlow and simmer for 5 minutes. Drain, reserving 1/4 cup of cooking liquid,

ginger and zest in pot.
Add honey, stirring to
combine. Set over medium
heat and cook until most
of liquid has evaporated
and mixture is sticky, 5 to
7 minutes. Spread mixture
onto prepared sheet and
cool to room temperature.

TWO: Meanwhile, fill a medium saucepan with 2 inches water and bring to a boil: turn heat off. To a heat-proof bowl, add cocoa butter, cacao powder and coconut sugar, and place bowl over pot, making sure bowl does not touch water, stirring occasionally until completely smooth, 5 to 7 minutes. Remove bowl and let chocolate cool slightly. (NOTE: You are looking to cool mixture to 90°F on a candy thermometer. If you do not have a candy thermometer, you can test it by putting a tiny amount of the chocolate on your lip; if you can't feel a temperature difference, then it's perfect.)

THREE: Stir in ginger mixture and goji berries. Pour into molds. Refrigerate until firm, about 1 hour. Turn mold upside down to release bars. Store in the refrigerator wrapped in parchment for up to 1 week.

NUTRIENTS PER SERVING

(⅓ OF A BAR): CALORIES: 268, TOTAL FAT: 13 g, SAT. FAT: 3 g, MONOUNSATURATED FAT: 8 g, POLYUNSATURATED FAT: 2 g, CARBS: 18 g, FIBER: 9 g, SUGARS: 7 g, PROTEIN: 23 g, SODIUM: 452 mg, CHOLESTEROL: 51 mg .

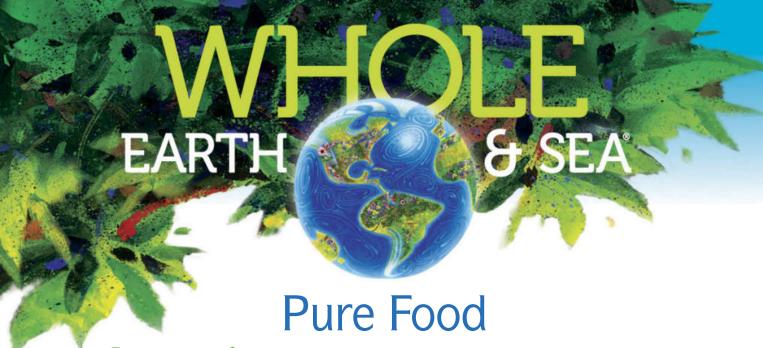
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